

Over 400 activities inside!

ABQ 50+

Sports & Fitness *Catalog*



The City of Albuquerque is

TEAMing Up To Host

New Mexico State Senior Olympics



COMING
SOON



**NATIONAL
SENIOR
GAMES**

**SUMMER
OF 2019**

For more information
call 505-764-6400



CITY OF ALBUQUERQUE

DEPARTMENT OF SENIOR AFFAIRS

Richard J. Berry, Mayor



BERNALILLO COUNTY

Jorja Armijo-Brasher, Director



505-764-6400

www.cabq.gov/seniors

Citizen Contact Center: 311

Be Active, Stay Active!



Dear Friends:

I am excited about this catalog and the upcoming year for the Department of Senior Affairs 50+ Sports and Fitness Program. As many of you are aware, the City of Albuquerque has been selected to host the 2019 National Senior Games! We have also been selected to host the

2017 and 2018 New Mexico State Senior Olympics. These selections are great compliments to the City and highlight that it is a wonderful time to be a senior in Albuquerque. This catalog has the tools that you need to prepare you to compete in the Senior Olympics and is perfect to help you get started on a path to a healthier lifestyle.

The Department of Senior Affairs 50+ Sports and Fitness Program offers a wide variety of activities that can help you to train for a competition, work out for your health, or just partake in some recreational activities. You can take a cross country ski trip, snowshoe, snowboard, hike, play pickleball, basketball, racquetball, shuffle board, or shoot a game of eight-ball pool. There is a variety of exercise classes offered, including aerobics, flex &

tone, enhanced fitness, gentle exercise, yoga, or jazzercise.

Staying active decreases health issues and improves our quality life. I have always said that this is "One City, One TEAM," and myself and the Department of Senior Affairs are committed to ensuring that everyone has the opportunity to create a healthy and enjoyable life. Together Everyone Achieves More!

Sincerely,

Richard J. Berry, Mayor



Dear Friends

What an exciting time for the City of Albuquerque and the Department of Senior Affairs. In July 2016, the City was selected by the National Senior Games Committee to host the 2019 National Senior Games. It is an honor to have been selected and the Department of Senior

Affairs Sports and Fitness program is more dedicated than ever to helping participants get ready for the upcoming games.

As older adults, we need to have adequate strength, flexibility and endurance to ensure a good quality of life. Whether you are an athlete or someone who wants to improve your overall health, this year's catalog has a wide variety of activities to help you accomplish your goals. I encourage you to join a softball league, play tennis or volleyball, enjoy an exercise class or take a self-defense class, or come to any one of our fitness rooms and consult with our wellness specialists about the equipment that best meets your fitness needs.

Remember that Together Everyone Achieve More! If you or your family and friends are having a difficult time getting motivated, it

is an excellent idea to start exercising together. Exercising in a team or a group helps motivate us, strengthen our bonds with family and friends, and builds self-confidence by improving our health and physical fitness from one week to the next. For more information regarding the Department of Senior Affairs, please call the Department's Information and Assistance Program at (505) 764-6400. The Information & Assistance team is available to take your phone call, Monday – Friday, between the hours of 8:30 a.m. and 4:30 p.m.

Sincerely,

Jorja-Armijo Brasher,
Director



City of Albuquerque
Richard J. Berry, Mayor

The 50+ Sports & Fitness Program is operated by the City of Albuquerque, Department of Senior Affairs, Recreation Division; with partial funding from the Area Agency on Aging. The 50+ Sports & Fitness Program headquarters is located at the Palo Duro 50+ Sports & Fitness Center at 3351 Monroe NE. The program designs and implements activities to keep adults aged 50+ active and healthy.

Inquiries may be directed to Joel Mahoney, Program Supervisor, at 505-880-2800 or jmahoney@cabq.gov

Jorja Armijo-Brasher,
Director, Department of Senior Affairs

Rhonda Methvin,
Recreation Division Manager

Department of Senior Affairs Advisory Council

| | | |
|--------------------|---------------|------------------|
| Marianne Chiffelle | Debby Knotts | C. Hugh Formhals |
| Greg Lopez | John Romisher | |

City Councilors

| | | | |
|------------|----------------------|------------|-----------------|
| District 1 | Ken Sanchez | District 6 | Pat Davis |
| District 2 | Isaac Benton | District 7 | Diane G. Gibson |
| District 3 | Klarissa J. Peña, VP | District 8 | Trudy Jones |
| District 4 | Brad Winter | District 9 | Don Harris |
| District 5 | Dan Lewis, President | | |

Our Vision

To be the community leader, who, in partnership with others, involves seniors in creating and sustaining a community where there is a growing spirit of interdependence that enhances everyone's quality of life.

Our Mission

The Department of Senior Affairs is a community leader, who in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities that involve and assist seniors to achieve their potential, share their wisdom, maintain their independence, and live in dignity.

Department of Senior Affairs

The City of Albuquerque, Department of Senior Affairs, has been serving Albuquerque and Bernalillo County residents for more than thirty years. Through innovative programs and quality services, we have evolved into an exemplary model, dedicated to enriching the lives of seniors. The services and opportunities listed in this catalog are especially designed for individuals 50 and better. The Albuquerque 50+ Games are open to those who are age 50 and up. Other programs, including Home-Delivered Meals, Transportation, and Care Coordination, have a minimum age of 60. Some services may request a contribution; however, no one will be denied services for not contributing.



Fitness Facilities



Barelas Fitness Room
714 7th St. SW, Alb., NM 87102
Phone: 505-764-6436
Fax: 505-764-6472
Mon. - Fri. 8:00 am - 5:00 pm

Highland Fitness Room
131 Monroe NE, Alb., NM 87108
Phone: 505-767-5210
Fax: 505-767-5224
Mon. - Fri. 8:00 am - 5:00 pm
Wednesday 8:00 am - 7:00 pm
Saturday 10:00 am - 4:00 pm

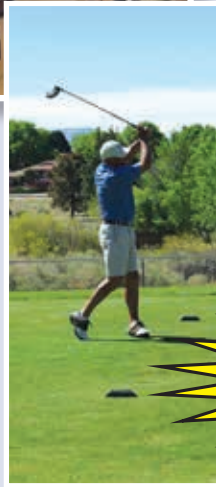
Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center
6500 Los Volcanes NW, Alb., NM 87121
Phone: 505-767-5990
Fax: 505-767-5994
Mon. - Fri. 7:00 am - 7:00 pm
Saturday 8:00 am - 2:00 pm

Manzano Mesa Multigenerational Center Fitness Room
501 Elizabeth St. SE, Alb., NM 87123
Phone: 505-275-8731
Fax: 505-275-8734
Mon. - Fri. 8:00 am - 9:00 pm
Saturday 9:00 am - 3:00 pm

North Domingo Baca Multigenerational Center - Fitness Room
7521 Carmel NE, Alb., NM 87113
Phone: 505-764-6496
Fax: 505-764-6497
Mon. - Fri. 8:00 am - 9:00 pm
Saturday 9:00 am - 3:00 pm

North Valley Fitness Room
3825 4th St. NW, Alb., NM 87107
Phone: 505-761-4025
Fax: 505-761-4031
Mon. - Fri. 8:00 am - 5:00 pm
Tuesday 8:00 am - 7:00 pm
Sunday 12:30 pm - 4:30 pm

Palo Duro 50+ Sports & Fitness Center
3351 Monroe NE, Alb., NM 87110
Phone: 505-880-2800
Fax: 505-883-9362
Mon. - Fri. 7:00 am - 7:00 pm
Saturday 8:00 am - 2:00 pm



INSIDE Sports & Fitness

REGISTRATION
Begins Dec. 20, 2016

| | |
|--|-------|
| Fitness Facilities..... | 3 |
| Volunteer Opportunities..... | 5 |
| 2017 Calendar At-A-Glance | 6 |
| Outdoor Winter Recreation..... | 7-8 |
| Outdoor Summer Recreation..... | 9 |
| 2017 "Compete & Meet" Games..... | 10 |
| ABQ 50 + Games..... | 10-22 |
| Registration Forms..... | 13-16 |
| Exercise Classes | 22-25 |
| Manage Your Chronic Disease Program Workshop..... | 25 |
| Senior Center Programs | 26-31 |

Center Memberships

Membership offers fitness programs as well as classes, travel, meals, computer labs, volunteer opportunities, competitive sports events, and much more at six Centers, seven Fitness Centers and two Multigenerational Centers.



If at any time you would like additional information on how to access services, please call Senior Information and Assistance Program at (505) 764-6400 or the 50+ Sports & Fitness Program at (505) 880-2800.

Center Closings



Closing Dates

| | |
|------------------------|---------------------------------------|
| Christmas..... | Monday, Dec. 26, 2016 |
| New Year's Day | Monday, Jan. 2, 2017 |
| MLK Jr. Birthday | Monday, Jan. 16, 2017 |
| President's Day | Monday, Feb. 20, 2017 |
| Memorial Day | Monday, May 29, 2017 |
| Independence Day | Tuesday, July 4, 2017 |
| Labor Day | Monday, Sept. 4, 2017 |
| Veteran's Day | Friday, Nov. 10, 2017 |
| Thanksgiving Day | Thursday & Friday, Nov. 23 & 24, 2017 |

2017 Cleaning Date Closures:

Barelas Senior Center Fitness Room

January 9 - 13, 2017

September 18 - 22, 2017

Highland Senior Center Fitness Room

January 23 - 27, 2017

July 10 - 14, 2017

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center

February 6 - 10, 2017

July 24 - 28, 2017

Manzano Mesa Multigenerational Center

February 13 - 17, 2017

July 31 - August 4, 2017

North Domingo Baca Multigenerational Center

March 20 - 24, 2017

August 14 - 18, 2017

North Valley Senior Center/Fitness Center

March 6 - 10, 2017

August 7 - 11, 2017

Palo Duro Fitness Center

February 27 - March 3, 2017

August 28 - September 1, 2017



VOLUNTEER

Opportunities

You can gain the satisfaction of helping others improve their health and fitness level! The 50+ Sports & Fitness Program offers a variety of volunteer opportunities. Senior Volunteers are encouraged to join the Retired Senior Volunteer Program (RSVP).

Adapted Aquatics

Volunteers are needed to serve as substitute instructors.

Albuquerque 50+ Games & Compete & Meet Games

Our competitive games need volunteers to coordinate or assist in coordinating sporting events.

New Mexico Senior Olympics

New Mexico State Senior Olympics will be in Albuquerque in July 2017. Volunteers needed.

Drivers

Volunteer drivers are needed to drive the participants to and from different program activities.

Exercise Classes

We are always looking for volunteers who are interested in being trained to lead exercise classes. Volunteers may serve as substitute exercise instructors and help with attendance reports.

Winter Sports

Volunteers are needed to help lead downhill, cross country and snowshoe trips. Volunteers drive vans, help with loading equipment, and coordinating events.

Walking & Hiking

We are also looking for volunteers to help lead walking and hiking trips. Volunteers may drive the van, and/or help the program coordinator with equipment and trip logistics.

Weight Training Orientations

Volunteer Orientation coaches are trained by our staff to teach participants safe and effective equipment use.

Orientation Coaches are needed at these sites:

1. **Palo Duro 50+ Sports & Fitness Center**
3351 Monroe NE, Alb., NM 87110 • 880-2800
2. **Manzano Mesa, Fitness Room**
501 Elizabeth SE, Alb., NM 87123 • 275-8731
3. **North Valley, Fitness Room**
3825 4th Street NW, Alb., NM 87107 • 761-4025
4. **Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center**
6500 Los Volcanes NW, Alb., NM 87121 • 767-5990
5. **North Domingo Baca, Fitness Room**
7521 Carmel Ave. NE, Alb., NM 87113 • 764-6496
6. **Highland, Fitness Room**
131 Monroe NE, Alb., NM 87108 • 767-5210

*Interested in volunteering for
any of these activities?*

**Please call us at
880-2800**



2017 Calendar At-A-Glance



JANUARY

X/C ski, Snowshoe and Downhill
Ski Trips begin

Day Trip (Valles Calderas)
January 14

Air Gun Workshop
January 14

50 + Games Table Tennis competition
January 21

50+ Games Shuffleboard competition
January 27

50+ Games AirGun competition
January 28

FEBRUARY

X/C ski, Snowshoe and Downhill
Ski Trips continued

50+ Games Eight ball competition
February 8

Day Trip (Valles Calderas)
February 11

Dance Competition
February 16

50+ Games Basketball Free Throw
and 3 point shot contest
February 18

50+ Games Huachas Competition
February 18

50+ Games Swimming competition
February 25

MARCH

X/C ski, Snowshoe and Downhill
Ski Trips continued

50+ Games Bowling competition
March 7, 8, 10

50+ Games Racquetball competition
March 9

MARCH, con't.

50+ Games Badminton competition
March 17

50+ Games 5K and 10K Road race
competitions
March 25

New Mexico State Games
registration starts

APRIL

50+ Games 5K Racewalk competition
April 1

Touring the 505 Session 1 begin
April 4

Fitness Walking Thursdays begin
April 6

Hiking 101 Session 1 begins
April 7

50+ Games Cycling Competitions
April 8

50+ Games Golf Tournament
April 12

50+ Games *Disc Golf* Competition
April 13

50+ Games Fun Events
April 27

50+ Games Archery Competition
April 29

50+ Games Pickleball outdoor
competition
April 20 - 21

Outdoor Pickleball Tournament
April 21 - 23

50+ Games Tennis Competition
April 21 - 22

50+ Games Horseshoes Competition
April 29

Fitness Hiking Trips begin

MAY

Fitness Hiking trips continued

50+ Games Track and Field
Competition May 5 - 6

50+ Games 1500M Racewalk
Competition
May 6

Talent Show Dress Rehearsal
May 23

Talent Show
May 24

Touring the 505 Tuesdays continued

Fitness Walking Thursdays continued

Hiking 101, Session 1 continued

JUNE

Fitness Hiking trips continued

National Senior Games
June 2 - 15

JULY

Fitness Hiking trips continued

New Mexico State Senior Olympics
July 19 - 22 Albuquerque, NM

AUGUST

Fitness Hiking trips continued

Touring the 505 Tuesdays Session 2
begins August 29

Fitness Walking Session 2 begins
August 31

SEPTEMBER

Hiking 101, Session 2 begin
September 1

Fitness Hiking trips continued

Touring the 505, Session 2 continued

Fitness Walking Thursday,
Session 2 continued

OCTOBER

Fitness Hiking trips continued

Bench Press Competition North
Domingo Baca Multigenerational
Center
October 28

Hiking 101, Session 2 continue

Touring the 505, Session 2 continue

Fitness Walking Thursday,
Session 2 continue

NOVEMBER

Pickleball Compete and
Meet Indoor Tournament
November 10 - 12

Call
880-2800
www.cabq.gov/seniors

OUTDOOR WINTER RECREATION

Downhill & Cross Country Skiing • Snowshoeing • Snowboarding



Outdoor Winter Recreation



SPECIAL WINTER TRIPS

Valles Calderas National Preserve Cross Country and Snowshoe Day Trip

Every winter we offer this special trip for cross country skiers and snowshoers to the Valles Calderas National Preserve in the Jemez Mountains. The beautiful preserve is comprised of almost 89,000 acres including the headwaters of both San Antonio Creek and the East Fork of the Jemez River.

Palo Duro 50+ Sports & Fitness Center Day Trip

Saturday, January 14, 2017

Check in: 8:00 am • Return by 5:00 pm

\$9 transportation, Bring National Park Pass

Cindy McConnell

Palo Duro 50+ Sports & Fitness Center Day Trip

Saturday, February 11, 2017

Check in: 8:00 am • Return: 5:00 pm

\$9 transportation, Bring National Park Pass

Cindy McConnell

REGISTRATION
Begins Dec. 20, 2016



IMPORTANT Payment Schedule & Trip Policies

1. Registrations for Winter Sports are on a first come, first serve, prepaid, sign-up basis.
2. Make checks payable to: City of Albuquerque
3. Participants must leave and stay with the group on all trips. No exceptions!
4. Cancellations for day trips will require a minimum 24 hr. notice for a refund
5. Activities will be cancelled due to weather conditions, or when minimum attendance is not met.
A min. of 6 participants is required to use a single van; a minimum of 12 people is required to use 2 vans.
6. If a Winter Sports event is cancelled, you may apply the credit to another Winter Sports trip.
7. Refunds will be processed after all winter trips are completed.

**For more info
call: 880-2800**



OUTDOOR WINTER RECREATION, CON'T.

A current City of Albuquerque, Department of Senior Affairs, Center membership and \$9 will cover the cost of transportation for each trip! Bring a sack lunch, snacks, water and dress warmly in layers.

WINTER SPORTS DAY TRIPS

Tuesday Cross Country Ski Trips

Enjoy the splendor of New Mexico's back country. Trips are open to intermediate or advanced skiers. Depending on snow conditions, destinations include the Jemez, Manzano, and Sandia Mountains. Equipment is not provided.

10 trips from Jan. 3 - Mar. 14, 2017
No trips on January 25 and February 22
Check-In: 8:00 am
Depart: 8:15 am • Return: 5:00 pm
Cross country skiers must stay with the group.



Wednesday Snowshoeing Trips

Snowshoeing is fun! We provide snowshoes and poles or bring your own! Destinations include the Jemez, Manzano and Sandia Mountains, depending on the best snow.

10 trips from Jan. 4 - Mar. 15, 2017
No trips on January 25 and February 22
Check-In: 8:00 am
Depart: 8:15 am • Return: 5:00 pm
Snowshoers must stay with the group.

Thursday Downhill Skiing & Snowboarding Trips

Skiing & Snowboarding Trips:
We do the driving and you hit the slopes at Santa Fe ski area.
12 trips from
January 5 - March 23, 2017
Check-In: 7:00 am
Depart: 7:30 am • Return: 4:30 pm
Downhill skiers and Snowboarders must purchase own lift ticket.
Seniors 72+ get FREE lift tickets.

Friday Snowshoe 101 Trips

For those who would like to get outside but are new to snowshoeing. Instruction includes snowshoe techniques, basic conditioning exercises, and discussion of proper attire.
8 trips from Jan. 6 - Feb. 24, 2017
Check-In: 8:00 am
Depart: 8:15 am • Return: 1:00 pm
Snowshoers must stay with the group.



REGISTRATION
Begins Dec. 20, 2016

* IMPORTANT INFO!

Trips leave from Palo Duro 50+ Sports & Fitness Center

Space is limited. Pre-payment is required to reserve your space.

For more info or to register call 880-2800

- Current membership is required
- Pre-payment required/trip

Limited to 2 registration forms/person

OUTDOOR SUMMER RECREATION

Hiking • Walking Summer Sports Day Trips

HIKING

50+ Sports & Fitness Program Hiking

These hikes are designed for the beginner to intermediate hiker, varying from easy/moderate (A/B) hikes to the more challenging C/D level hikes. See our descriptions for the best hike for you. Hike the Sandia, Manzano, Jemez and Pecos wilderness areas! Our focus is fitness, but we take time to stop along the way and view birds, wildlife and wildflowers. Bring your own lunch, snacks and drinks. Trip costs vary based on 5¢ per mile for van transportation. Preregistration is required to reserve your place!

Monday "Fitness" Hikes

Palo Duro 50+ Sports & Fitness Center

April - October, 2017

Monday, 7:00 am–5:00 pm

Hike coordinator: Cindy McConnell

Wednesday "B Level" Hikes

N. Domingo Baca Fitness Center

Every other Wednesday, 8:00 am - 5:00 pm

Joe O. Armijo Los Volcanes

50+ Sports & Fitness Center

Every other Wednesday 8:00 am - 5:00 pm

Hike Coordinators: Dick Brown, Cindy McConnell

Hiking 101

Would you like to hike with us, but are not sure if you are able to complete a full day hike? These half day hikes through the Albuquerque Foothills and East Mountains are for you. Learn hiking techniques, conditioning and safety. Soon you will be ready to join your friends on the 'all-day' trips with confidence! Wear sturdy shoes or hiking boots, bring water and dress in layers. Nordic walking poles are provided by the center.

Palo Duro 50+ Sports & Fitness Center

Session 1: Fridays, April 7 - May 26, 2017

Session 2: Fridays, September 1 - October 27, 2017

Friday, 8:00 am - Return by 1:00 pm

Instructor: Cindy McConnell, 880-2800

\$6.00/trip



NEW Walking Program

Participants will learn the benefits of walking, safety tips and different types of walking techniques, how to use walking poles. The program will explore the City of Albuquerque and the Metro Area on foot. Register for individual trips and each trip will cost \$2.00 and include handouts, transportation and an experienced guide. Register at Palo Duro Sports and Fitness Center.

Touring the 505 Tuesdays

These walks will be at a touring pace with frequent stops and water breaks.

Session I: April 4 – May 23, 2017

Trip One - Petroglyph National Monument
Trip Two - Town of Bernalillo
Trip Three - Albuquerque Zoo
Trip Four - Plaza to Plaza
Trip Five - South Valley
Trip Six - UNM Main Campus
Trip Seven - Old Town
Trip Eight - Nature Center

Session II: August 29 – October 24, 2017

(No Class October 10)
Trip One – Botanical Gardens
Trip Two – Corrales
Trip Three - Tijeras Ranger Station
Trip Four - Huning's Highland
Trip Five – Open Space Visitor Center
Trip Six – Down Art Walk
Trip Seven – Country Club
Trip Eight – Nobhill

Fitness Walking Thursdays

These walks are designed to build your fitness levels and will be at a brisk walking pace.

Session I:

April 6 – May 25, 2017

Trip One – Academy Hill Park

Trip Two – Manzano Mesa

Trip Three – Aldo Leopold Trail

Trip Four – Pajarito Open Space

Trip Five – Montgomery Park

Trip Six – High School Track

Trip Seven – Pat Hurley Park

Trip Eight – Mariposa Basin

Session II:

August 31 – October 26, 2017 (No Class October 12, 2017)

Trip One – North Domingo Baca Park

Trip Two – USS Bullhead Park

Trip Three – Open Space Visitor Center

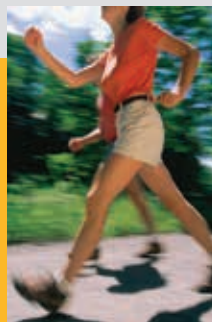
Trip Four - Tingley Beach

Trip Five – Heritage Hills Park

Trip Six – Roosevelt Park

Trip Seven – Valle Del Bosque

Trip Eight – Pueblo Montano



Palo Duro 50+ Sports & Fitness Center,
3351 Monroe NE

Tuesday and Thursday;

Trip departure times vary from 7:00 - 8:45 am, depending on destination.



The 2017 "Compete & Meet" Games

Sponsored by the City of Albuquerque, Department of Senior Affairs, 50+ Sports and Fitness Program

The 2017 Compete & Meet Games offers competitions open to all athletes, nationwide. Compete in Pickleball or our Bench Press competition. Each competition includes a great time and medals to the 1st, 2nd and 3rd place winners.

Pickleball Tournament

Join us for great competition. There is something for everyone no matter what skill level you are! Pickleball is the fastest growing sport in America! Try it and find out why!

Indoor Pickleball Tournament

Roosevelt Middle School

Friday - Sunday, November 10 - 12, 2017

Registration deadline is Friday, November 3, 2017

Outdoor Pickleball Tournament

Ventana Ranch Tennis Courts

Friday - Saturday - Sunday

April 21 - 23, 2017

\$10 per event with current

Department of

Senior Affairs membership

Registration deadline is

Friday, April 14, 2017



Bench Press Competition

Competition is organized by age groups and gender. Individual medals will be given to the top 3 winners in each category. There will be a traveling trophy awarded to the gym with the strongest team of athletes entered. Awards will be determined on a ratio of body weight to weight lifted.

For information call Dominic at North Domingo Baca Sports & Fitness Center at 764-6496.

Bench Press Competition

Saturday, October 28, 2017 • 10:00 am

North Domingo Baca Multigenerational Center

Early registration encouraged. On-Site registration welcomed.



Talent Show

Do you have a special Talent and want to show it off? Let your inner Star shine on the stage. The talent competition will have four categories, band, dance, solo vocal, variety. Acts will have a maximum of eight minutes to perform their act. The dress rehearsal and show will be held at the African American Cultural Center.



Mandatory Dress Rehearsal for Competitors

Tuesday May 23, 10:30 am

Talent Show

Wednesday May 24, 2017 1:00 pm

\$5 per category

Free for public to come and enjoy the show.

ALBUQUERQUE 50+ GAMES

DEADLINE FOR ENTRIES: 1 week prior to event

Get Fit for the Competitions!

The 50+ Sports & Fitness Program offers ongoing exercise classes and "state-of-the-art" weight rooms available for you to train for your events.

REGISTRATION

One registration form covers all events for the 2017 Albuquerque 50+ Games. Registration forms must be completed and submitted to the Albuquerque 50+ Games (Palo Duro 50+ Sports & Fitness Center) office. Incomplete registrations cannot be accepted.

Registration is not valid without a current Department of Senior Affairs membership.



FINAL DEADLINE:

One week prior to event.

LOCATION

The Albuquerque 50+ Games are held at a number of Albuquerque locations. Find your event location in this catalog.

ELIGIBILITY

The Albuquerque 50+ Games is an event open to all people who are at least 50 years of age by December 31, 2017 and have a current membership to the Department of Senior Affairs.

ATTENDANCE

We do not mail out reminder notices. It is the responsibility of the participant to note the time and place of each event and to arrive before the event time. Times and locations are subject to change and participants will be notified in these cases.

EVENT

An "event" is defined as a single contest in a particular sport. For example: The 50-meter run and the 100-meter run are two events. Participants may enter a total of 20 events at the Albuquerque 50+ Games. Eight of the 20 events may be track & field and eight may be swimming. At New Mexico State Senior Olympics, you may enter no more than 10 events.

**AGE DIVISIONS**

In singles events, participants may not play up or down in age, but play in their own age group. Age categories:

| | | |
|-------|-------|-------|
| 50-54 | 70-74 | 90-95 |
| 55-59 | 75-79 | 95-99 |
| 60-64 | 80-84 | 100+ |
| 65-69 | 85-89 | |



The only exception is the Dance Competition. The age categories are 50-69 and 70+.

Age division for doubles and mixed doubles competition will be determined by the age of the younger partner as of December 31, 2017.

Age division for team competition is determined by the youngest member of the team as of December 31, 2017. Team competition age divisions are:

| | | | |
|-----|-----|-----|-----|
| 50+ | 55+ | 60+ | 65+ |
| 70+ | 75+ | 80+ | |

FEES

| | |
|--------------------------------|---------|
| DSA Membership | \$13 |
| Registration | \$12 |
| Golf Fees: (Men & Women) | |
| Mandatory Cart included | |
| Without Season Pass | \$35.80 |
| With Season Pass | \$17.80 |
| Bowling, per event | \$ 6.00 |
| Pay at Skidmore's Holiday Bowl | |

ENTRY FEE Assistance

Entry fee assistance is available from the Albuquerque 50+ Games. Call the Palo Duro 50+ Sports & Fitness Center at 880-2800.

REFUNDS

NO REFUNDS AFTER May 19, 2017.

PARTNERS/TEAMS

Your doubles partner and/or each team member must register separately.

**AWARDS**

First, second and third place winners are awarded medals at the conclusion of their events.

RULES

The 2017 New Mexico Senior Olympics Rule Book is available for viewing online at www.nmseniorolympics.org. Events are governed by the National Senior Games Association and the New Mexico Senior Olympics Board of Directors. Please note there may be rule changes for the local, state and National Senior Games.

RESULTS

Results for the Albuquerque 50+ Games, New Mexico State Olympics, and National Senior Games, and the revised minimum performance standards for the National Senior Olympics, are located at the Palo Duro 50+ Sports & Fitness Center.

VOLUNTEERS Needed

Volunteers play a vital role in the Albuquerque 50+ Games. Assistance is needed. Please call the Albuquerque 50+ Games Center at 880-2800 if you would like to volunteer.

MEDICAL

It is strongly recommended that all participants receive a medical clearance prior to competition, it is also required that the liability waiver on the registration form be completed and signed.





Deadline for entry
is one week
prior to event

2017 Albuquerque 50+ Games Competition & Workshop Schedule

The 2017 Games IS NOT
a National Senior Games
qualifier this year.

| Sports | Events | Date | Time | Location | Coordinator-Phone |
|-----------------------------------|---|--|--------------------|---------------------------------------|---------------------------------|
| Air Gun (Rifle & Pistol) | Workshop | Sat., Jan. 14, 2017 | 8:00 am | Eldorado High School | Maj. Jim Koerber 296-4871 x1408 |
| | Competition: Rifle-Bench, Rifle-Standing, Pistol-Bench, Pistol-Standing | Sat., Jan. 28, 2017 | 8:00 am | Eldorado High School | Maj. Jim Koerber 296-4871 x1408 |
| Archery | Competition: Recurve w/Sights, Barebow Recurve No Sights, Compound Fingers w/Sights, Barebow Compound No Sights, Compound Release | Sat., Apr. 29, 2017 | 9:00 am | Archery Range, Tijeras, NM | PDSFC 880-2800 |
| Badminton | Competition: Singles, Doubles & Mixed Doubles | Fri., Mar. 17, 2017 | 10:00 am | Manzano Mesa Multigenerational Center | Terry & Nan Lauritsen 266-8237 |
| Basketball | Competition: Free Throw, Best of 15 Free Throws | Sat., Feb. 18, 2017 | 10:00 am | Manzano Mesa Multigenerational Center | PDSFC 880-2800 |
| | Competition: 3 Point Shot, Best of 6 Shots | Sat., Feb. 18, 2017 | 10:00 am | Manzano Mesa Multigenerational Center | |
| Bowling *NEW TIMES* | Competition: Singles | Tues., Mar. 7, 2017 | 9:00 am | Skidsmore's Holiday Bowl | PDSFC 880-2800 |
| | Competition: Doubles | Wed., Mar. 8, 2017 | 9:00 am | | |
| | Competition: Mixed Doubles | Wed., Mar. 8, 2017 | 9:00 am | | |
| | Competition: Team Bowling | Fri., Mar. 10, 2017 | 9:00 am | | |
| Cycling | Competition: 5K, 10K & 20K, 40K | Sat. April 8, 2017 | Check-In 7:30 am | Atrisco Vista Blvd. | PDSFC 880-2800 |
| Dance | Competition: Country Waltz, Ballroom, Jitterbug, Line, Country Western, Latin (Cha Cha, Samba, Rumba, Merengue), Polka | Thurs., Feb. 16, 2017 | 5:00 pm | North Domingo Baca | PDSFC 880-2800 |
| Field Events (also see Track) | Competition: Discus, High Jump, Javelin, Shot Put, Standing Long Jump, Running Long Jump | Fri., May 5, 2017 Sat., May 6, 2017 | 5:30 pm 9:00 am | Albuquerque Academy | PDSFC 880-2800 |
| Golf | Competition: Men's 18 Hole Scratch | Wed., Apr. 12, 2017 | Tee Times TBA | Arroyo del Oso Golf Course | PDSFC 880-2800 |
| | Competition: Women's 18 Hole Scratch | | | | |
| Horseshoes | Competition: Singles | Sat., Apr. 29, 2017 | 9:00 am | Los Altos Park | PDSFC 880-2800 |
| Huachas | Competition: Singles | Sat., Feb. 18, 2017 | 10:00 am | Manzano Mesa Multigenerational Center | PDSFC 880-2800 |
| Eightball Pool | Competition: 8 Ball | Wed., Feb. 8, 2017 | 5:00 pm | Palo Duro Senior Center | PDSFC 880-2800 |
| Pickleball | Competition: Singles, Doubles, Mixed Doubles | Thurs., Apr. 20, 2017 | 9:00 am | Ventana Ranch Tennis Courts | Gary Rutherford 507-3663 |
| | | Fri., Apr. 21, 2017 | 9:00 am | | |
| Racewalk | Competition: 5K Race Walk | Sat., Apr. 1, 2017 | 8:00 am | Tingley Beach | Lenny Krosinsky 250-2283 |
| Racewalking | Competition: 1500 Meter Race Walk | Sat. May 6, 2017 | 9:00 am | Albuquerque Academy | Lenny Krosinsky 250-2283 |
| Racquetball | Clinics: Offered Thursdays | All Year | Call for Info | Midtown Sports & Wellness Club | Paula Sperling 888-4411 |
| | Competition: Singles, Doubles & Mixed Doubles | Thurs., Mar. 9, 2017 | 10:00 am | | |
| Recreation Events (Fun Events) | Competition: Frisbee Accuracy Throw, Frisbee Distance Throw, Soccer Kick, Softball Throw | Thurs., Apr. 27, 2017 | 5:30 pm - 7:00 pm | Villela Park | PDSFC 880-2800 |
| | Competition: 10K and 5K Run | Sat., Mar. 25, 2017 | 7:00 am | TBA | PDSFC 880-2800 |
| Roadrace | Competition: Singles/Doubles | Fri., Jan. 27, 2017 | 10:00 am | Manzano Mesa Multigenerational Center | PDSFC 880-28005 |
| Shuffleboard | Warmup: | Sat., Feb. 25, 2017 | 7:30 am | West Mesa Aquatics Center | |
| Swimming | Competition: Breaststroke: 50, 100, 200; Freestyle: 50, 100, 200, 500; Backstroke: 50, 100, 200; Butterfly: 50, 100; Indiv. 100 & 200 (4 Stroke, 1 Swimmer); Relay Medley: 200 (Open Strokes, 4 Swimmers) | | 8:30 am | | PDSFC 880-2800 |
| | Competition: Singles, Doubles & Mixed Doubles | Sat., Jan. 21, 2017 | 9:00 am | Bear Canyon Senior Center | PDSFC - Mav Sommers 880-2800 |
| Table Tennis | Competition: Singles | Fri. Apr. 21, 2017 | 10:00 am | Ventana Ranch Tennis Courts | PDSFC 880-2800 |
| Tennis | Doubles & Mixed Doubles | Sat., Apr. 22, 2017 | 10:00 am | Ventana Ranch Tennis Courts | |
| | Competition: 100, 200, 400, 800, 1500 run; 400 coed | Fri.-Sat., May 5-6, 2017 | 9:00 am | Albuquerque Academy | PDSFC 880-2800 |
| Track (also see Field) | M relay (2 men, 2 women); 400 & 800 M est. time | | | | |
| Disc Golf | Competition: 18 hole disc golf | Thurs., Apr. 13, 2017 | 5:00 pm | Roosevelt Park | PDSFC 880-2800 |

Attention Athletes



New Mexico State Senior Olympics Albuquerque, New Mexico July 19 - 22, 2017

All Athletes that plan on attending the State Senior Olympics MUST Register with New Mexico Senior Olympics.

Athletes have 2 ways to register for the New Mexico Senior Olympics.

- Register on line at www.nmseniorolympics.org.
- Mail your registration directly to: New Mexico Senior Olympics, Inc., PO Box 2690, Roswell, NM 88202-2690, 575-623-5777

For more information call:
New Mexico Senior Olympics
Toll Free: 1-888-623-6676
Or e-mail:
nmso@nmseniorolympics.org



Team competitions which include basketball, softball, and volleyball are New Mexico Senior Olympics competitions only.

Albuquerque 50+ Games TEAM ROSTER



☐ Bowling ☐ Dance ☐ 400M Track Relay ☐ Swimming Relay

Team Age: ☐ 50+ ☐ 60+ ☐ 65+ ☐ 70+ ☐ 75+ ☐ (bowling 80+)

Team Name: _____

Team Captain _____
Name

Address

Phone

Team Captains are responsible for filling out this form. Incomplete forms will disqualify the team. Each team member must also complete and sign an individual Albuquerque 50+ Games registration form on page 19. If you have more than 7 team members, attach a copy of this form.

Number of Team Members

Team Member 1: _____
Name Phone

T-Shirt Size Age Date of Birth

Team Member 2: _____
Name Phone

T-Shirt Size Age Date of Birth

Team Member 3: _____
Name Phone

T-Shirt Size Age Date of Birth

Team Member 4: _____
Name Phone

T-Shirt Size Age Date of Birth

Team Member 5: _____
Name Phone

T-Shirt Size Age Date of Birth

Team Member 6: _____
Name Phone

T-Shirt Size Age Date of Birth

Team Member 7: _____
Name Phone

T-Shirt Size Age Date of Birth

50+ Games Team Roster

Programs & Activities REGISTRATION FORMS

This insert section contains all forms for you to register for, or enter our varied programs and/or activities. This is your first step to long-term fun, long-term friendships and more importantly, long-term health!



Make checks payable to the City of Albuquerque. Mail your registration to Palo Duro 50+ Sports & Fitness Center, 3351 Monroe NE, Albuquerque, NM 87110

Compete and Meet Games Registration Form

PLEASE PRINT

Name: _____
Last First Middle

Address: _____
Street City State Zip

DSA Membership
Number:

Home Phone: _____ Work Phone: _____

Cell Phone: _____ E-mail: _____

☐ I am interested in volunteering with the 50+ Sports and Fitness Program

Emergency Contact: _____
Name Relationship Phone

Age: _____
as of December 31, 2016

☐ Male ☐ Female

Date of Birth: ____/____/____

Pickleball Skill Rating:

LIABILITY WAIVER: I, the undersigned participant, hereby agrees to indemnify and hold harmless, the City of Albuquerque, Albuquerque Academy, West Mesa Aquatics Center, Los Altos Pool, their agents, employees, representatives and assigns, from any and all actions, cause of actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have, or at any time in the future have as a result of injury arising out of my participation in the Albuquerque Compete and Meet Games. I warrant and represent to the sponsors that I have prepared myself for the event, which I have entered by practicing the same prior to my participation in the Albuquerque Compete and Meet Games. I warrant and represent to the sponsors that I am in good physical health and condition and I am physically able to compete in the events I have selected. I know of no physical restrictions, which would prohibit my participation in the events that I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the Albuquerque Compete and Meet Games. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity and could possibly activate any unrecognizable pre-existing medical disorder, which I may have, thereby resulting in serious or life-threatening physical harm to me. The City of Albuquerque has my permission to have a physician treat me, if needed, during my participation in the events of the Albuquerque Compete and Meet Games.

Signature _____

Date _____

By completing this registration, I agree to abide by all the rules and regulations of and by the City of Albuquerque Compete and Meet Games, to observe all rules of play, to exercise good sportsmanship and follow all written and or oral instructions given to me by authorized personnel of the City of Albuquerque, Albuquerque Academy, West Mesa Aquatics Center, and Los Altos Pool.

REGISTRATION FEES:

City of Albuquerque Center Membership\$13

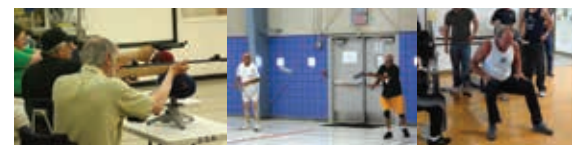
ADDITIONAL FEES:

- ☐ Bench Press Competition \$10\$____
- ☐ Indoor Pickleball Tournament \$10 per event \$____
- ☐ Outdoor Pickleball Tournament \$10 per event \$____
- ☐ Airgun Workshop FREE\$____
- ☐ Talent Show \$5\$____

TOTAL AMOUNT ENCLOSED\$____

Pickleball Tournaments:

- ☐ Singles
- ☐ Doubles Partner: _____ Must register separately
- ☐ Mixed Doubles Partner: _____ Must register separately



☐ By checking the box, I agree to the following:

The undersigned does hereby consent to the photographing of the undersigned, and does hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials.

The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assignees from any and all claims for damages libel, slander, invasion of the right of privacy or any claims based on the use of said material.

Albuquerque 50+ Games Entry Form

PLEASE PRINT

Make checks payable to the City of Albuquerque. Take completed registration form or mail form to:

Palo Duro 50+ Sports & Fitness Center, 3351 Monroe NE, Albuquerque, NM 87110

Deadline for entry is one week prior to event.

Name: _____
Last First Middle

Address: _____
Street City

State Zip

Home Phone: _____ DSA Membership #: _____

Cell Phone: _____ E-mail: _____

☐ I am interested in volunteering with the 50+ Sports and Fitness Program

Emergency Contact: _____
Name Relationship Phone

LIABILITY WAIVER: I, the undersigned participant, hereby agrees to indemnify and hold harmless, the City of Albuquerque, their agents, employees, representatives and assigns, from any and all actions, cause of actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have, or at any time in the future have as a result of injury arising out of my participation in the Albuquerque 50+ Games. I warrant and represent to the sponsors that I have prepared myself for the event, which I have entered by practicing the same prior to my participation in the Albuquerque 50+ Games. I warrant and represent to the sponsors that I am in good physical health and condition and I am physically able to compete in the events I have selected. I know of no physical restrictions, which would prohibit my participation in the events that I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the Albuquerque 50+ Games. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity and could possibly activate any unrecognizable pre-existing medical disorder, which I may have, thereby resulting in serious or life-threatening physical harm to me. The City of Albuquerque has my permission to have a physician treat me, if needed, during my participation in the events of the Albuquerque 50+ Games.

☐ By checking the box, I agree to the following:

The undersigned does hereby consent to the photographing of the undersigned, and does hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials.

The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assignees from any and all claims for damages libel, slander, invasion of the right of privacy or any claims based on the use of said material.

Signature

Date

By completing this registration, I agree to abide by all the rules and regulations of and by the City of Albuquerque, Albuquerque 50+ Games, to observe all rules of play, to exercise good sportsmanship and follow all written and or oral instructions given to me by authorized personnel of the City of Albuquerque, Albuquerque 50+ Games.

Age: _____
as of December 31, 2017

☐ Male ☐ Female

Date of Birth: _____
//_

REGISTRATION FEES:

Event Registration Fee\$12
Includes t-shirt and awards

DSA Membership (required)\$13

ADDITIONAL FEES:

Bowling Fee: No. of events x \$6.00
(\$6.00 per event) Pay at Skidmore's Holiday Bowl
Singles, Doubles, Team or Mixed Doubles

Golf Fee

Men's & Women's Golf Fees

All ages 50+: Mandatory cart is included

Without Season Pass\$35.80\$

With Season Pass\$17.80\$

T-Shirt Size _____

TOTAL AMOUNT ENCLOSED\$

For more information:

Palo Duro 50+ Sports & Fitness Center
3351 Monroe NE, Albuquerque, NM 87110
505-880-2800

Team captains
must fill out team
roster on page 13.

2017 IS NOT a qualifying
year for the National
Senior Olympics

AIRGUN

- ☐ Pistol - Benchrest
- ☐ Pistol - Standing
- ☐ Rifle - Benchrest
- ☐ Rifle - Standing
- ☐ Do you own your own gun? ☐ Y ☐ N

ARCHERY

- ☐ Recurve with sights
- ☐ Barebow recurve no sights
- ☐ Compound fingers w/sights
- ☐ Barebow compound no sights
- ☐ Compound Release

Badminton

- ☐ Singles ☐ Doubles
Partner: _____
Must register separately
- ☐ Mixed Doubles
Partner: _____
Must register separately

BASKETBALL FREE THROW

- ☐ Best of 15 throws

BASKETBALL 3-POINT SHOT

- ☐ Best of 6 throws

BOWLING (Bowling Fees)

- ☐ Singles ☐ Doubles
Partner: _____
Must register separately
- ☐ Mixed Doubles
Partner: _____
Must register separately
- ☐ Team Bowling

Bowling Team Name (4 members, same sex). Each individual must complete a registration form and team captains must furnish a team roster.

CYCLING

- ☐ 5K ☐ 10K
- 20K (Will be a road race at State and Nationals)
- 40K (Will be a road race at State and Nationals)

DANCE COMPETITION

- ☐ Ballroom
- ☐ Country Western
- ☐ Jitterbug
- ☐ Line Dancing (6-15 people)
- ☐ Polka
- ☐ Latin Dance
- ☐ Waltz
- ☐ Country Waltz

DISC GOLF

- ☐ Singles

FIELD EVENTS

- ☐ Discus
- ☐ High Jump
- ☐ Javelin
- ☐ Running Long Jump
- ☐ Shot Put
- ☐ Standing Long Jump

FUN EVENTS

- ☐ Frisbee Accuracy Throw
- ☐ Frisbee Distance Throw
- ☐ Soccer Kick
- ☐ Softball Throw

GOLF

- ☐ 18 Hole Scratch
- Scratch is played at NM State Senior Olympics and the National Senior Olympics. A NPS is required for Nationals.

HORSESHOES

- ☐ Singles

HUACHAS

- ☐ Singles

PICKLEBALL

- ☐ Singles ☐ Doubles
Partner: _____
Must register separately
- ☐ Mixed Doubles
Partner: _____
Must register separately

POOL

- ☐ Eightball

RACEWALKING

- ☐ 1500M ☐ 5K

RACQUETBALL

- ☐ Singles ☐ Doubles
Partner: _____
Must register separately
- ☐ Mixed Doubles
Partner: _____
Must register separately

ROAD RACE

- ☐ 5K - Run ☐ 10K - Run

SHUFFLEBOARD

- ☐ Singles ☐ Doubles
Partner: _____
Must register separately

SWIMMING

- ☐ 200 Medley Relay
- ☐ 50 Free ☐ 100 Free
- ☐ 200 Free ☐ 500 Free
- ☐ 50 Backstroke ☐ 100 Backstroke
- ☐ 200 Backstroke
- ☐ 50 Breaststroke ☐ 100 Breaststroke
- ☐ 100 IM ☐ 200 IM
- ☐ 50 Butterfly ☐ 100 Butterfly
- ☐ 200 Breaststroke
- Group Name _____
Must register separately

TABLE TENNIS

- ☐ Singles ☐ Doubles
Partner: _____
Must register separately
- ☐ Mixed Doubles
Partner: _____
Must register separately

TENNIS

- ☐ Singles ☐ Doubles
Partner: _____
Must register separately
- ☐ Mixed Doubles
Partner: _____
Must register separately

TRACK

- ☐ 50 Meter Run (local only)
- ☐ 100 Meter Run ☐ 200 Meter Run
- ☐ 400 Meter Run ☐ 800 Meter Run
- ☐ 1500 Meter Run
- ☐ 400 Meter Coed Relay
- ☐ 800 Meter Estimated Time
- ☐ 400 Meter Estimated Time
- ☐ M-Relay



Winter Outdoor Registration Form

REGISTRATION
Begins Dec. 20, 2016

We reserve the right to change trip locations due to snow conditions. Registration is first come, first served. Register at Palo Duro 50+ Sports & Fitness Center

Name: _____ DSA Membership # _____
Last First Middle
 Address: _____
Street City State Zip
 Phone: _____ E-mail: _____
 Emergency Contact: _____
Name Relationship Phone

IMPORTANT Payment Schedule & Trip Policies

1. Registrations for Winter Sports are on a first come, first serve, prepaid, sign-up basis.
2. Make checks payable to: City of Albuquerque
3. Participants must leave and stay with the group on all trips. No exceptions!
4. Cancellations for day trips will require a minimum 24 hr. notice for a refund
5. Activities will be cancelled due to weather conditions, or when minimum attendance is not met. A min. of 6 participants is required to use a single van; a min. of 12 people is required to use 2 vans.
6. If a Winter Sports event is cancelled, you may apply the credit to another Winter Sports trip.
7. All refunds will be processed when all the winter trips are completed.

TUESDAY TRIPS

Cross-Country

- ☐ Trip 1 Jan. 3 Open \$9
☐ Trip 2 Jan. 10 Open \$9
☐ Trip 3 Jan. 17 Open \$9
☐ Trip 4 Jan. 31 Open \$9
☐ Trip 5 Feb. 7 Open \$9
☐ Trip 6 Feb. 14 Open \$9
☐ Trip 7 Feb. 28 Open \$9
☐ Trip 8 Mar. 7 Open \$9
☐ Trip 9 Mar. 14 Open \$9

CROSS-COUNTRY TOTAL

\$ _____

WEDNESDAY TRIPS

Snowshoeing

- ☐ Trip 1 Jan. 4 Open \$9
☐ Trip 2 Jan. 11 Open \$9
☐ Trip 3 Jan. 18 Open \$9
☐ Trip 4 Feb. 1 Open \$9
☐ Trip 5 Feb. 8 Open \$9
☐ Trip 6 Feb. 15 Open \$9
☐ Trip 7 Mar. 1 Open \$9
☐ Trip 8 Mar. 8 Open \$9
☐ Trip 9 Mar. 15 Open \$9

SNOWSHOEING TOTAL

\$ _____

Have own snowshoes?

Yes ☐ No ☐

THURSDAY TRIPS

Downhill Skiing

- ☐ Trip 1 Jan. 5 Santa Fe \$9
☐ Trip 2 Jan. 12 Santa Fe \$9
☐ Trip 3 Jan. 19 Santa Fe \$9
☐ Trip 4 Jan. 26 Santa Fe \$9
☐ Trip 5 Feb. 2 Santa Fe \$9
☐ Trip 6 Feb. 9 Santa Fe \$9
☐ Trip 7 Feb. 16 Santa Fe \$9
☐ Trip 8 Feb. 23 Santa Fe \$9
☐ Trip 9 Mar. 2 Santa Fe \$9
☐ Trip 10 Mar. 9 Santa Fe \$9
☐ Trip 11 Mar. 16 Santa Fe \$9
☐ Trip 12 Mar. 23 Santa Fe \$9

DOWNHILL TOTAL

\$ _____

FRIDAY TRIPS

Snowshoe 101

- ☐ Trip 1 Jan. 6 Closest Snow \$9
☐ Trip 2 Jan. 13 Closest Snow \$9
☐ Trip 3 Jan. 20 Closest Snow \$9
☐ Trip 4 Jan. 27 Closest Snow \$9
☐ Trip 5 Feb. 3 Closest Snow \$9
☐ Trip 6 Feb. 10 Closest Snow \$9
☐ Trip 7 Feb. 17 Closest Snow \$9
☐ Trip 8 Feb. 24 Closest Snow \$9

SNOWSHOE 101 TOTAL

\$ _____

Have own snowshoes?

Yes ☐ No ☐



LIABILITY WAIVER

I, the undersigned participant, hereby agrees to indemnify and hold harmless, the City of Albuquerque, the Sandia Peak Ski Company, Santa Fe Ski Company, (hence and hereafter sometimes referred to as sponsors), their agents, employees, representatives and assigns, from any and all actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have or at any time in the future have as a result of injury arising out of my participation in the 50+ Winter Sports Program. I warrant and represent to the sponsors that I have prepared myself for the events which I have entered by practicing the same prior to my participation. I warrant and represent that I am in good physical health and condition and I am physically able to participate in the events I have selected. I know of no physical restrictions which would prohibit my participation in the events I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the 50+ Winter Sports Program. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity, and could possibly activate any unrecognized preexisting medical disorder which I may have, thereby resulting in serious or life-threatening harm to me. The City of Albuquerque has my permission to have a physician treat me, if needed, during my participation in the events of the 50+ Winter Sports Program.

- ☐ By checking the box I agree to the following: The undersigned does hereby consent to the photographing of the undersigned, and does hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials. The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assignees from any and all claims for damages for libel, slander, invasion of the right of privacy or any claims based on the use of said material.

Signature _____

Date _____

By completing this registration, I agree to abide by all the rules and regulations of and by the City of Albuquerque, Senior Winter Sports Program, to observe all rules, to exercise good sportsmanship and follow all written and or oral instructions given to me by authorized personnel of the City of Albuquerque, 50+ Winter Sports Program.

Valles Caldera Nature Preserve Day Trip -- Sat., Jan. 14

Transportation \$ 9

Day Trip -- Sat., Feb. 11

Transportation \$ 9

TOTAL FEES \$ _____



ABQ 50+ GAMES

CALL 880-2800 - Palo Duro 50+ Sports & Fitness Center if you need more information on an activity/event.

AIR GUN

Air Gun Competition

Albuquerque 50+ Games
Saturday, January 28, 2017 8:00 am
Eldorado High School
11300 Montgomery Blvd. NE.

For more information how you can learn to shoot an air gun, contact the 50+ Sports & Fitness Office 880-2800. This event will be a New Mexico Senior Olympics qualifying event.



Air Gun Workshop

Get ready for the Games. This workshop focuses on basic marksmanship principles and techniques with emphasis on position and firing procedures.
Saturday, January 14, 2017
8:00 am–12:00 pm
Eldorado High School



Air Gun Practices

For beginners interested in learning the sport of Air Guns or those that would like to hone their skills for competition. *Begins in January (by reservation)*
Eldorado High School, Rifle Range
Contact: Major Jim Koerber, Senior Instructor,
Eldorado High School JR ROTC at 296-4871

ARCHERY



Albuquerque 50+ Games Archery Competition

Saturday, April 29, 2017, 9:00 am
Sandia Crest Bowhunters Association
Archery Range, Tijeras, NM

The competition is sponsored by the Sandia Crest Bowhunters Association. This event will be a New Mexico Senior Olympics qualifying event.
Coordinator: 880-2800



BADMINTON

Albuquerque 50+ Games Badminton Competition

**Friday, March 17, 2017
10:00 am**

Manzano Mesa, Gym
501 Elizabeth SE

This event will be a New Mexico Senior Olympics qualifying event.
Coordinators: Terry and Nan Lauritsen,
266-8237



exercise needed for musculoskeletal health. This is competitive badminton - a demanding sport.

Manzano Mesa, Gym

Monday, Friday, 1:30 - 4:00 pm
Tuesday, 6:00 - 9:00 pm
Thursday, 7:00 - 8:50 pm

Wells Park Community Center, Gym

Tuesday & Thursday, 1:30 - 3:30 pm
Coordinators: Terry and
Nan Lauritsen, 266-8237



Badminton Practice and Play

This fun sport provides an opportunity to participate in a program which is beneficial to both your physical and mental well-being. It also provides cardiovascular benefits, as well as weight-bearing

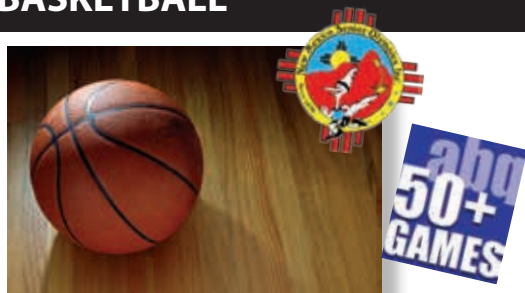
For Albuquerque
50+ Game
Events, look
for this logo



For New
Mexico Senior
Olympics
Qualifying
Events, look
for this logo



Albuquerque 50+ Games/Open Gyms

BASKETBALL**Free Throw Competition**

Saturday, February 18, 2017 - 10:00 am

Manzano Mesa, 501 Elizabeth SE

Contestants shoot 15 free throws in succession. The contestant who makes the most baskets in their age bracket is the winner. The free throw line for the women is 14 ft. and for men 15 ft.

Albuquerque 50+ Games

Basketball 3 Point Shot Competition

Held with the Free Throw Competition
Saturday, February 18, 2017 - 10:00 am

Manzano Mesa, 501 Elizabeth SE

Each contestant will shoot one shot from each of the five different pre-marked positions on the 3-point line. The additional shot may be taken from any one of the 5 marked positions at the shooter's discretion. The contestant who makes the most baskets is the winner.

This event will be a New Mexico Senior Olympics qualifying event.
Coordinator: 880-2800

Open Basketball

Open/Drop-In Basketball is offered every day of the week (Mon.-Sat.) at the times listed below. Teams are formed as participants show up and sign in.

Manzano Mesa, Gym (E/W courts)
Monday & Wednesday,
11:45 am - 1:00 pm, West
Monday & Friday
7:00 - 8:50 pm, Both courts
Tuesday, Thursday & Friday
11:00 am - 1:00 pm

Senior Men's Basketball

This group gathers to play some friendly, but competitive basketball, where teams are picked prior to the games. This is a good workout, with a lot of action and exercise.

Manzano Mesa, Gym (East Court)
Tues., Thurs. & Friday,
11:00 am - 1:00 pm
Monday & Wednesday,
11:45 am - 1:00 pm

Albuquerque 50+ Women's Basketball Program

Senior Women's Basketball
Canyon Nets Basketball Program

Open to all women 50+. No prior experience required. Practices held year round at Sandia Preparatory School, 532 Osuna NE on Saturday mornings 10:00 am - 12:45 pm. Additional practices are held during the week at various locations. Information: NM Senior Sports Foundation, 299-7768 or website www.senior-sports.org

A League of Their Own

Open to women 50+. Practices held at various times and locations during the week.

Information: Glynes Foster 828-1655 or
E-mail: Ginger Rich,
bballjunqie@yahoo.com

New Mexico Senior Olympics Basketball Tournament

State Competition Only, Dates, times and location will be announced at later date.



For information contact
New Mexico Senior Olympics,
1-575-623-5777,
www.nmseniorolympics.org

BOWLING

Albuquerque 50+ Games

Bowling Competition
Skidmore's Holiday Bowl

Tuesday, Wednesday & Friday,
March 7, 8 & 10, 2017
9:00 am

Additional fees apply to the Bowling Competition. \$6/event paid at Skidmore's Holiday Bowl at the time of event.

This event is a New Mexico Senior Olympics qualifying event.
Call PDSFC: 880-2800

CYCLING

Albuquerque 50+ Games -
5K, 10K, 20K, 40K

Cycling Competition -
5K, 10K, 20K, 40K

Saturday, April 8, 2017

Check-in at 7:30 am

Location: Atrisco Vista
Blvd. off of I-40 west

This event will be a New Mexico Senior Olympics qualifying event.
Coordinator: 880-2800

DANCE**Dance Competition Part of the Talent Show and Dance Competition**

Includes country western, jitterbug, line dancing, polka, latin (cha cha), waltz, and country waltz. The Dance Competition is free for the public to come and watch the athletes compete.

Thurs., Feb. 16, 2017
5:00 pm
N. Domingo Baca
7521 Carmel Ave. NE



Disc Golf Competition

Disc golf is similar to regular golf; however, instead of using golf clubs and balls aiming for a hole, Disc Golf players use golf discs and aim for a Disc Pole Hole, a pole extending up from the ground with chains and a basket where the disc lands. Course will be 18 hole competition.



Thursday, April 13, 2017 5:00 pm
Roosevelt Park
Call Palo Duro Sports and Fitness for information 880-2800

EIGHT BALL POOL

Albuquerque 50+ Games

Eight Ball Pool Competition
Wednesday, Feb. 8, 2017 5:00 pm

Palo Duro Senior Center
5221 Palo Duro NE, 87110
This event is a New Mexico Senior Olympics qualifying event.



FENCING

Fencing is an elegant sport with a rich history. Known as "physical chess," it helps maintain balance, posture and coordination in addition to cognitive focus and critical thinking skills.

Duke City Fencing welcomes visitors
Contact: Toby Tolley 872-0048 or info@dukecityfencing.net

GOLF

Albuquerque 50+ Games

Golf Competition

Hosting both the men's and women's golf competitions. Participants will be called with their tee times.

Green fees including carts will be \$35.80 for 18 holes without season pass; \$17.80 with season pass



Wednesday, April 12, 2017
Arroyo del Oso Golf Course
7001 Osuna Rd NE

The tournament is a scratch event no handicap and will be a New Mexico Senior Olympics qualifying event.

Contact the 50+ Sports & Fitness Center at 880-2800 for information.

HORSESHOES

Albuquerque 50+ Games

Horseshoe Competition

Horseshoes provides a means for people of all ages to enjoy good exercise while having fun.

Saturday April 29, 2017 9:00 am

Los Altos Park
10130 Eubank NE
This event will be a New Mexico Senior Olympics qualifying event.
Coordinator: 880-2800



HUACHAS

Albuquerque 50+ Games

Huachas Competition

If you enjoy horseshoes, you will like pitching washers.

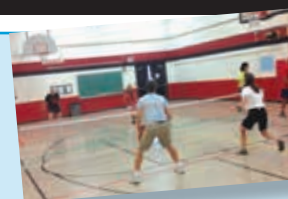
Saturday, Feb. 18, 2017 10:00 am

Manzano Mesa Multigenerational Center Gym
501 Elizabeth SE, 87123

This event will be at the New Mexico Senior Olympics.
Coordinator: 880-2800



PICKLEBALL



Pickleball is played with a perforated plastic ball and wood or composite paddle on a badminton court with the net lowered to 34 inches. "It resembles tennis and table tennis on a badminton court."

Albuquerque 50+ Games
Pickleball Tournament

Thursday, April 20
Friday, April 21
Thursday, 9:00 am
Friday 9:00 am

Ventana Ranch Tennis Courts
Located east side of the intersection of Universe and Ventana Village Road, between Paradise and Irving.

The divisions will be singles, doubles and mixed. This event will be a New Mexico Senior Olympics qualifying event. Coordinator:

Gary Rutherford (505) 507-3663

Compete & Meet
Pickleball Tournaments
See Compete and Meet Games



PICKLEBALL**abqpickleball.com**

for more information

Open Pickleball*Times and locations are subject to change. Please check the website listed.*

Times are subject to change from summer to winter.

Gary Rutherford 505-507-3663

Manzano Mesa, Gym

Thursday, 2:00 - 4:00 pm

Saturday, 9:00 - 11:00 am

Los Altos Park (weather permitting)

Call Gary Rutherford

(505) 507-3663

Pickleball Training

Manzano Mesa, Gym

Tuesday, Thursday, 9:15 - 11:00 am

Saturdays 12:30 - 2:50 pm

RACEWALKING

Albuquerque 50+ Games

**Racewalking Competition
5K Racewalk****Saturday, April 1, 2017 8:00 am**

Tingley Beach Bike/Walk path

The Albuquerque 50+ Games qualifying race for the New Mexico Senior Olympics. Lenny Krosinsky, 250-2283

Albuquerque 50+ Games

Racewalking Competition**1500 meter Racewalk** at the
Track & Field Competition**Saturday, May 6, 2017****Beginning at 9:00 am**

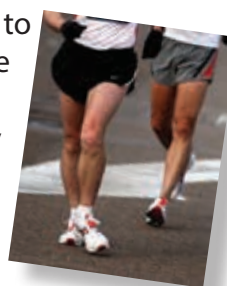
Albuquerque Academy

6400 Wyoming NE

This event will be a New Mexico Senior Olympics qualifying event.

Coordinator: Lenny Krosinsky, 250-2283

Racewalking appeals to many people because they can successfully participate and enjoy doing a sport! Try it for yourself and see how much fun this activity can be.



The 2016 New Mexico Racewalkers weekly training at Tingley Beach
Saturday, 8:00 am

If you are interested in learning how to racewalk, participate in racewalking, or would like to join the practices, call Lenny Krosinsky, at 250-2283, or e-mail: lennykro@aol.com or visit www.newmexicoracewalkers.org.

RACQUETBALL

Albuquerque 50+ Games

Racquetball Competition**Thursday, March 9, 2017 10:00 am****Midtown Sports & Wellness**

4100 Prospect Ave. NE.

This event will be a New Mexico Senior Olympics qualifying event.
Coordinator: Paula Sperling, 888-4811

Racquetball Clinics

Open to the public, these low cost clinics are for all playing levels—beginners to advanced. Each session includes safety tips, rules, stroke mechanics, strategy and playing time. What better way to improve your performance at the Albuquerque 50+ Games Racquetball Tournament!

Midtown Sports & Wellness Clubs**Thursdays, 10:00 am - 12:00 pm**

\$20 Sports & Wellness Members

\$40 Non-Members

Individual classes are \$10. Players can join at anytime. Cost is prorated based on the number of sessions attended. Information: Paula Sperling at Midtown 888-4811.

ROADRACE

Albuquerque 50+ Games

Roadrace 5K and 10K Competition

This is an invitation to all the weekend runners to get recognition for your hard work.

Sat., March 25, 2017 7:00 am

This event is a New Mexico Senior Olympics qualifying event. In addition, the 5K and 10K will run concurrently; so you will have a chance to qualify in both races on the same day! Both races start together.

Coordinator: Maggie Ezzard

SHUFFLEBOARD

Albuquerque 50+ Games

Shuffleboard Competition**Friday, Jan. 27, 2017****10:00 am****Manzano Mesa,
501 Elizabeth SE**

This event is a New Mexico Senior Olympics qualifying event.
Coordinator: Palo Duro Sports & Fitness Center 880-2800

Silver Shufflers Shuffleboard

Shuffleboard is one of the most popular non-cardiovascular sports around! It is learned quickly and uses the techniques of 8 ball pool on a larger floor court. All equipment and instruction is provided.

Manzano Mesa**Tuesday,
1:00 - 4:00 pm**Suggested \$1
donation

Information: NM
Sports Foundation
299-7768

Website: www.senior-sports.org

SWIMMING

Albuquerque 50+ Games Swimming Competition

Saturday, Feb. 25, 2017

Warm-up begins at 7:30 am,
meet begins at 8:30 am

West Mesa Aquatic Center,
6705 Fortuna Road NW

This event is a New Mexico
Senior Olympics qualifying event.
Coordinator: 880-2800



Recreational Swimming

The City of Albuquerque, Parks and Recreation Department offers recreation swimming, water exercise, swimming lessons and lap lane times open to the public.

For most up to date fees and info. call the Parks and Rec. Dept. at 768-5342, or visit www.cabq.gov/aquatics.



SPORTS CLINIC OPPORTUNITIES FOR 2017

The NM Senior Sports Foundation is planning on hosting, co-hosting, or promoting various sports clinics during 2017. It is hoped that this will encourage athletes to try new sports, especially in anticipation of the National Senior Games being held in Albuquerque in July of 2019.

For information on the following clinics planned for 2017, please contact the NM Senior Sports Foundation at 299-7768, or go to their website at www.senior-sports.org. Find your sport, plan to attend, learn the basics, and enjoy how to stay healthy by staying active! Get up and Go!

SOFTBALL

Men's Master 65+ League

League play is held on Tuesday and Thursday mornings from April to September. Practices start as early as February. If you are interested in playing or adding a team to the league Contact: Bill Dubuque 293-9530



League Play (SWSL)

50+ Senior Women's league rules are modified to use National Senior Games Rules. Play is held on Mondays. Summer league begins in April, Fall league starts in September.

Contact: Pat Stanalonis 298-7903 or
New Mexico Sports
Foundation 299-7768

Website: www.senior-sports.org

Silver Gloves

Women 50+ are welcome to join and no experience necessary. Practices are held year round and opportunity to participate at out-of-state tournaments. Organization meeting is held in January to enroll players for leagues. Contact: New Mexico Sports Foundation 299-7768

Website: www.senior-sports.org

New Mexico Senior Olympics Softball Tournament

State Competition Only, Dates, times and location will be announced at later date.

For information contact
New Mexico Senior
Olympics, 1-575-623-5777
www.nmseniorolympics.org



TABLE TENNIS

Albuquerque 50+ Games Table Tennis Competition

Saturday
January 21, 2017 9:00 am
Bear Canyon Senior Center
4645 Pitt NE

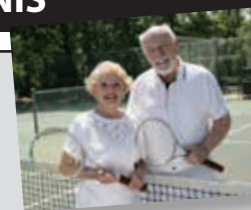


This event will be a
New Mexico Senior
Olympics qualifying
event. Coordinator:

Marv Sommers. Call Palo Duro Sports &
Fitness Center 880-2800



TENNIS



Albuquerque 50+ Games

Tennis Tournament

You don't have to be Pete Sampras to
enjoy playing in our Albuquerque
50+ Games tournament.

Singles

Friday, April 21, 2017 10:00 am
Ventana Ranch Tennis Courts

Doubles/Mixed Doubles

Saturday, April 22, 2017 10:00 am
Ventana Ranch Tennis Courts

Athletes will compete in Singles, Doubles and Mixed Doubles. This event will be a New Mexico Senior Olympics qualifying event. Coordinator: 880-2800

Tennis courts are located on the east side of the intersection of Universe and Ventana Village Road, between Paradise and Irving.

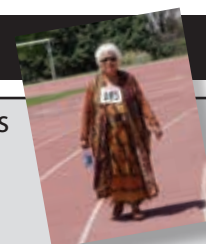
TRACK

Albuquerque 50+ Games Track & Field Competition

Friday - Saturday, May 5-6, 2017
Saturday Track Events
begin at 9:00 am

Albuquerque Academy
6400 Wyoming NE

This event is a New Mexico Senior
Olympics qualifying event.
Coordinator: 880-2800



VOLLEYBALL

New Mexico Senior Olympics
Volleyball Competition**State competition only**

The New Mexico Senior Olympics will qualify athletes for the National Senior Olympics. Dates, times and locations will be announced at a later date.

For information contact the New Mexico Senior Olympics, 1-575-623-5777, www.nmseniorolympics.org

**Volleyball Pick-up Games**

Join the 50+ volleyball players for drop-in volleyball matches.

Wells Park Community Center, Gym

Monday, 6:00 - 7:45 pm

Coordinator: Dora Gunkel

Manzano Mesa, Gym

Monday (open gym for any age group),

Friday (one court reserved for senior play), 5:00 - 7:00 pm

Thursday, 6:00 - 9:00 pm (Open gym for any age group)



**THERE'S SOMETHING FOR
EVERYONE!! SEE PAGE 3
TO FIND THE CENTER
NEAREST TO YOU!**

AQUATICS

Adapted Aquatics

Taught at the University of New Mexico Therapeutic Pool (92° water), participants are led through a series of range of motion exercises that will increase joint mobility and develop muscular strength. **Pre-Registration is required.**

Class sessions are as follows:

Session 1: Day: Monday, Wednesday & Friday

Time: 9:00 - 10:00 am

Cost: \$12.00 each month

Number of classes: 3 classes/week

Transportation: provided from all 6 Albuquerque senior centers for \$.50. Self-Drivers are also welcome, but must pre-register.

Session 2: Day: Monday & Friday

Time: 1:15 - 2:15 pm

Cost: \$8.00 each month

Number of classes: 2 classes/week

Transportation: provided from all 6 Albuquerque senior center for \$.50 and Vista Grande Community Center Self-Drivers are also welcome, but must pre-register.

Session 3: Day: Tuesday & Thursday

Time: 9:00 - 10:00 am

Cost: \$8.00 each month

Number of classes: 2 classes per week

Transportation: will be provided from the Palo Duro 50+ Sports & Fitness Center for \$.50. Self Drivers are also welcome, but must pre-register.



AEROBICS

These fun, low impact aerobics classes combine energizing music with a routine designed to strengthen the cardiovascular system. For beginners to advanced exercisers, everyone works at their own pace. Burn calories and get a great workout. Fee: \$.50 donation at each location

**Highland, Social Hall**

Mon, Wed, Fri, 9:00 - 10:00 am

Joe O. Armijo Los Volcanes

50+ Sports & Fitness Center,
Aerobic Room

Mon, Wed, Fri, 8:00 - 9:00 am

Manzano Mesa, Gym

Mon, Wed, Fri 8:15 - 9:15 am

Palo Duro, Mesquite Room

Mon, Wed, Fri, 8:15 - 9:15 am

BODY FAT VS. MUSCLE

The goal for optimal health is reducing body fat while increasing muscle. Visit one of our fitness facilities below for a free personal assessment.

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center

3rd Tuesday, 8:00 am - 6:00 pm

North Domingo Baca Fitness Center

4th Wednesday

8:30 am - 1:30 pm,

2:00 - 7:00 pm

Palo Duro 50+ Sports

& Fitness Center

1st Wednesday

8:00 am - 5:00 pm



BODY WORKS + ABS

A full body workout includes warm-up, core work and stretching.

North Domingo Baca,
Aerobic Room
Wed., 3:45 – 4:45 pm
\$.50 donation, Ericka Aguilar

Hard Core Abs

Main focus on Abdominals, Obliques and back. Modifications offered to beginners and advanced participants. Swiss balls & dumbbells will be used.

North Domingo Baca, Aerobic Room
Friday, 4:00 – 4:30 pm
\$.50 donation, Ericka Aguilar

DANCE AEROBICS

Quick paced, high energy, core strengthening routines set to great music! No experience is necessary.

Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobic Room
Tues., Thur., 5:30 – 6:30 pm
\$.50 donation, Debra Roane

ENHANCE FITNESS

This is an evidence based senior fitness class in which a three part assessment will be conducted for each participant. Class components include cardio, weight training and flexibility.

Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobic Room
Mon., Wed., Fri., 1:00 - 2:00 pm
Dee Williams

FITBALL

Target and challenge core muscles with stabilizing and balance exercises.

Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobic Room
Monday & Friday, 10:30 - 11:30 am
\$.50 donation

FLEX & TONE

This class will work to elongate and strengthen your muscles to achieve increased flexibility, improve posture and develop a strong core
Cost: \$.50 donation at each location

Highland, Room 8
Tuesday, Thursday, 8:15 - 9:15 am
Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobic Room
Tuesday, Thursday, 8:00 - 9:00 am

Manzano Mesa, Gym
Tuesday, Thursday, 8:15–9:15 am

North Domingo Baca, Aerobic Room
Tuesday, Thursday, 9:15 – 10:15 am

Palo Duro, Mesquite Room
Tuesday, Thursday, 8:00 - 9:00 am

GENTLE EXERCISE

Performed primarily in a chair. The focus is on resistance training to build strength. Equipment such as small balls and bands are used to make the exercises interesting and challenging.
Cost: \$.50 donation at each location.

Barelas, Social Hall
Tuesday, Friday
10:15 - 10:45 am

Highland, Social Hall
Monday, Wednesday, Friday
10:15 - 11:15 am

Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobic Room
Monday, Wednesday, Friday
9:15 - 10:15 am

Manzano Mesa, Gym
Mon., Wed., Fri., 9:30 - 10:30 am

Palo Duro, Mesquite Room
Monday, Wednesday, Friday
9:30 - 10:30 am

North Domingo Baca, Aerobic Room
Mon., Wed., Fri., 9:30 - 10:30 am



CROSSTRAIN

Get a full body workout doing various movements from strength, flexibility, endurance and low impact cardio. All levels are welcome and modifications will be shown.

North Domingo Baca
Aerobic Room
Monday, 4:00 – 4:30 pm
\$.50 donation, Ericka Aguilar

FIT X-PRESS

Build total-body strength, sculpt muscles, increase energy, increase flexibility and improve posture.

North Domingo Baca
Aerobic Room
Mon., Wed., & Fri., 8:15 – 8:45 am
\$.50 donation, Sabrina Leyba

NATIVE NEW MEXICAN DANCE



Receive instruction on New Mexican, Mexican and contemporary Latin dances. ATHLETIC SHOES must be worn to participate. Looking for more dancers.

Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobic Room
Tuesday, 1:30 - 2:30 pm Frances Lujan

North Domingo Baca, Aerobic Room
Wed, 2:00 - 3:00 pm, Frances Lujan

PILATES

Learn the importance of core stabilization, muscle balance and proper alignment while integrating the concept of mindfulness, fluidity and grace.

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Tuesday, Thursday
10:45 - 11:45 am
Cost: \$4
Rita James

Continued on
Page 24



BELLY DANCE FOUNDATIONS / INTERMEDIATE BELLY DANCE

North Domingo Baca, Aerobic Room
Friday, 5:00 - 6:00 pm
(Foundations), 6:00 - 7:00 pm
(Intermediate)
Maria Chavez

TVE WELLNESS

This is a low-impact, easy entry exercise program for healing and prevention. Enjoy learning beautiful fluid motions that loosen and strengthen every part of your body.

North Domingo Baca, Aerobic Room
Mon, 7:15 - 8:30 pm,
Wed, 10:30 - 11:30 am

Seniors: \$2, Ages 50 and under: \$5

MAT PILATES

Exercises are performed on a mat with a focus on abdominal, oblique, back and full body engagement and stretching.

North Domingo Baca, Aerobic Room
Tues., 6:00 - 7:00 pm
\$.50 donation, Erika Aguilar

YOGA

These classes combine core management methods with mind/body/breath discipline.

North Domingo Baca, Aerobic Room
Thurs, 10:30 - 11:30 am
Cost: \$5, Mindy

VINYASA FLOW YOGA

Flowing Vinyasa-based class threads together the mind, body and spirit.

North Domingo Baca, Aerobic Room
Mon, 5:45-7:00 pm
Cost: \$5, Misa

North Domingo Baca, Aerobic Room
Thurs., 6:00-7:00 pm
Cost: \$5, Keisha



DAH N MU DO (Korean Tai Chi)

Mind-body training method that combines deep stretching exercises, meditative breathing techniques and energy awareness training.

North Domingo Baca, Aerobics Room
Saturday, 10:30-11:30 am
Cost: \$5, Lynn Alexander

YOGA FOR WELL BEING

Improve balance, posture, and confidence with yoga.

Joe O. Armijo Los Volcanes 50+ Sports and Fitness Center, Aerobic Room
Thursday 2:00 - 3:00 pm
Saturday 9:00 - 10:00 am
Cost: \$3, Dena Kinney

JAZZERCISE

A high intensity workout that mixes dance-based cardio with strength training.

North Domingo Baca, Aerobic Room
Dance Mixx
Tues., Thurs., 8:05 - 9:00 am
Saturday, 9:15 - 10:15 am \$6/class
Strength 60
Monday, 10:45-11:45 am \$6/class
Express
Wed., Fri., 12:15 - 12:45pm \$6/class

HULA & HAWAIIAN CULTURE

An introductory hula class for beginners will focus on the basic hand, foot, and body movements.

North Domingo Baca, Aerobic Room
Tuesday, 4:45 - 5:45 pm
Cost: \$5

TRIBAL BELLY DANCE

A basic introduction to skills and fundamentals of Tribal Belly Dance. No dance experience necessary.

North Domingo Baca, Aerobic Room
Monday, 2:30 - 3:30 pm
Lisa

AIKIDO

A non-aggressive style of martial arts working on the principle: "do not fight force with force". Redirect the attacker's energy and use it to your favor.

North Domingo Baca, Aerobics Room
Tuesday, Wednesday, Thursday
7:15 - 8:30 pm
\$4/class Charles Watkins

NEW TAI CHI

It is great for those with joint problems and arthritis as well as improving balance and peace of mind.

North Domingo Baca, Aerobic Room
Tues., 10:30 - 11:30 am
Cost: \$5, Theresa

NEW TAI JI QUAN

Moving for Better Balance

Learn and practice a series of simple, slow, and rhythmical movements aimed at improving balance, strength, and reducing the risk of falls.

Joe O Armijo Los Volcanes, 50+ Sports and Fitness Center, Aerobic Room
Wednesday, Friday
11:45 am - 12:45 pm
February 1 - April 21, 2017
\$.50 donation

Sign ups will begin January 2, 2017. There is a 15 participant max.
Call 767-5990 to sign up.

KARATE HEALTH & FITNESS

Fitness conditioning emphasizing traditional karate exercises, techniques, self-defense and forms.

North Domingo Baca, Aerobic Room
Monday
7:15 - 8:15pm
Cost: \$5, Joseph
18yrs & older



WEIGHT TRAINING: Weight Training Orientations

Weight training will keep you feeling and looking great. Not only will weight training give you more energy, but also increases

muscle tone and bone density. Join one of our free orientations where we instruct on the fundamentals of weight training.

Joe O. Armijo Los Volcanes,
50+ Sports & Fitness Center
Call 767-5990 for appointment

Manzano Mesa, Fitness Room
Call 275-8731 for appointment

North Domingo Baca, Fitness Room
Call 764-6496 for appt.

Palo Duro, 50+
Sports & Fitness Center
Call 880-2800 for appointment

BASICS WITH FREE WEIGHTS

For novice lifters to learn safe and proper free weight lifting techniques to be used as an alternative, or in conjunction with workout machines.

Joe O. Armijo Los Volcanes
50+ Sports & Fitness Center
Call 767-5990 for schedule

North Domingo Baca,
Sports & Fitness Center
Call 764-6496 for schedule

HEALTHY LIVING**FREE!!****FREE!!****Manage Your Chronic Disease (MyCD) Program Workshop**

- **Free 6-week workshop**
- **2.5 hour meetings**
- **ALL MyCD Programs are Free of Charge**

Pre-registration required:
880-2800

If you have (or care for someone with) a chronic health condition such as: diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, or other long-term health conditions, this is the workshop for you. Learn from specially trained group leaders with chronic health conditions themselves. Set goals and make a step-by-step plan to improve your health and your life. Put Life Back Into Your Life. Find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

**2017 Schedule****PALO DURO SENIOR CENTER**

(located at 5221 Palo Duro NE):

Thursdays from 1:00 p.m. - 3:30 p.m. on:

January 19 through February 23, 2017

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

March 9 through April 13, 2017

This will be a Diabetes Self-Management Program (DSMP) workshop;

May 4 through June 8, 2017

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

July 13 through August 17, 2017

This will be a Diabetes Self-Management Program (DSMP) workshop;

August 31 through October 5, 2017

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

October 12 through November 16, 2017

This will be a Diabetes Self-Management Program (DSMP) workshop.

**NORTH DOMINGO BACA
MULTIGENERATIONAL CENTER**

(located at 7521 Carmel NE):

Mondays from 5:15 p.m. - 7:45 p.m. on:

February 27 through April 3, 2017;

This will be a Diabetes Self-Management Program (DSMP) workshop;

April 17 through May 22, 2017

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

July 10 through August 14, 2017

This will be a Diabetes Self-Management Program (DSMP) workshop;

September 11 through October 16, 2017

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

November 6 through December 11, 2017

This will be a Diabetes Self-Management Program (DSMP) workshop;

**NEW HEART CENTER FOR WELLNESS,
FITNESS & CARDIAC REHABILITATION**

(located at 601 Lomas Blvd NE)

Tuesdays from 1:30 p.m. - 4:00 p.m. on:

March 7 through April 11, 2017

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

May 2 through June 6, 2017

This will be a Diabetes Self-Management Program (DSMP) workshop;

July 11 through August 15, 2017

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

September 12 through October 17, 2017

This will be a Diabetes Self-Management Program (DSMP) workshop;

November 7 through December 12, 2017

This will be a general Chronic Disease Self-Management Program (CDSMP).

Thursdays from 5:00 p.m. - 7:30 p.m. on:

January 12 through February 16, 2017

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

March 16 through April 20, 2017

This will be a Diabetes Self-Management Program (DSMP) workshop;

May 11 through June 15, 2017

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

July 6 through August 10, 2017

This will be a Diabetes Self-Management Program (DSMP) workshop;

August 24 through September 28, 2017

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

October 12 through November 16, 2017

This will be a Diabetes Self-Management Program (DSMP) workshop;

To enroll, please call 880 - 2800

**More Manage Your Chronic
Disease (MyCD) Workshops
to come in 2017.**

SENIOR CENTER PROGRAMS

**Barelas**

714 7th St. SW,
Alb., NM 87102
Phone: 505-764-6436
Fax: 505-764-6472
Mon. - Fri. 8:00 am - 5:00 pm

**Bear Canyon**

4645 Pitt NE,
Alb., NM 87111
Phone: 505-767-5959
Fax: 505-767-5964
Mon. - Fri. 8:00 am - 5:00 pm
Thursday 8:00 am - 9:30 pm
Saturday 9:00 am - 3:00 pm

**Highland**

131 Monroe NE,
Alb., NM 87108
Phone: 505-767-5210
Fax: 505-767-5224
Mon. - Fri. 8:00 am - 5:00 pm
Wednesday 8:00 am - 7:00 pm
Saturday 10:00 am - 4:00 pm

**Los Volcanes**

6500 Los Volcanes NW,
Alb., NM 87121
Phone: 505-767-5999
Fax: 505-767-5992
Mon. - Fri. 8:00 am - 5:00 pm
Thursday 8:00 am - 7:00 pm
Saturday 9:00 am - 1:00 pm

**Manzano Mesa
Multigenerational Center**

501 Elizabeth SE,
Alb., NM 87123
Phone: 505-275-8731
Fax: 505-275-8734
Mon. - Fri. 8:00 am - 9:00 pm
Saturday 9:00 am - 3:00 pm

**North Domingo Baca
Multigenerational Center**

7521 Carmel NE,
Alb., NM 87113
Phone: 505-764-6475
Fax: 505-764-6489
Mon. - Fri. 8:00 am - 9:00 pm
Saturday 9:00 am - 3:00 pm

**North Valley**

3825 4th St. NW,
Alb., NM 87107
Phone: 505-761-4025
Fax: 505-761-4031
Mon. - Fri. 8:00 am - 5:00 pm
Tuesday 8:00 am - 7:00 pm
Sunday 12:30 pm - 4:30 pm

**Palo Duro**

5221 Palo Duro NE,
Alb., NM 87110
Phone: 505-888-8102
Fax: 505-888-8107
Mon. - Fri. 8:00 am - 5:00 pm
Wednesday 8:00 am - 7:00 pm
Saturday 9:00 am - 1:00 pm

Attend a Sports Clinic in 2017!
See page 21 for details

**DANCE****Ballroom/Latin/Swing****Dance Beginning**

Learn the steps to Ballroom Waltz,
Cumbia-Salsa, Tango, Cha Cha, Fox
Trot, Swing and Rumba.

NEW Bear Canyon, Social Hall
Thursday, 4:45- 5:45 pm
\$6 per lesson



**Manzano Mesa Multi-
Generational Center, Social Hall**
Saturday
Beginning: 10:00 - 11:00 am
Intermediate: 11:00 am - 12:00 pm

Beginning Ballroom Dancing
N. Domingo Baca, Social Hall
Saturday, 11:45 am - 12:45 pm

(NEW) Dancing with the Bars

It's not what you may think...Dancing
with the Bars is a movement exercise
form of dancing— to the bars of mu-
sic. It's a fun way to achieve a fit, toned
body, and serene mind. It is user friend-
ly, playful, and easy.

Bear Canyon, Social Hall
Thursday
8:15 - 9:15 am
Instructor: Nancy Arenas

**Dance Class with Travis / West
Coast Swing**

No partner needed! Come learn vari-
ous styles of dance including Country
two-step and West Coast Swing for
both beginning and intermediate
levels.

North Domingo Baca,
Aerobic Room
Monday, 6:00 - 7:00 pm
(Country two-step)
Tuesday, 7:15 - 8:15 pm
(West Coast Swing)
\$10 per person, Travis & Annette

**WINTER SPORTS
STARTS ON
PAGE 7**



Wise Women Belly Dance

Get in touch with your inner beauty while getting a good work out. This gentle approach to this ancient art form can be enjoyed by women of all ages and abilities. Belly dance displays the strength and beauty of women of all sizes, ages, and shapes.

Manzano Mesa, Social Hall
Thursday, 6:00 - 8:00 pm
Amaya

Dance and Movement for Parkinson's

Join in the musicality, rhythm, expression, inventiveness and sheer physical pleasure of dance. Movements customized for all abilities, free to members with Parkinson's.

North Valley, South Social Hall
1st & 3rd Thursday, 2:00 - 3:00 pm
Joanie Carlisle

Latin Rhythms

Learn the fundamental skills of social Latin dancing in dances such as: Salsa, Cha-cha, Rumba, Samba, Bolero and Merengue.



North Domingo Baca Sports & Fitness
Thursday, 10:15 - 11:15 am
Rick Post

**TOGETHER EVERYONE
ACHIEVES MORE!!**

Salsarobics

Spice up your workout with this energetic, fun and sizzling workout; learn the fundamentals of Latin dance such as Salsa, Merengue, Bachata, Brazilian Samba and always sexy Cha Cha. Fitness shoes or Dance shoes required.

Los Volcanes, Social Hall
Thursday, 5:30 - 6:30 pm
Saturday, 9:00 - 10:00 am
\$3, Elena Valenci

**WELLNESS
PROGRAMS****Massage**

North Domingo Baca, Downstairs Lobby
Monday, 9:00 am - 3:00 pm
Thursday, 9:00 am - 3:00 pm
Andy Trujillo, LMT # 7758

Reflexology Massage Therapy

Reflexology is a hands on modality that relaxes and restores the body by working the hands and/or feet or hands.

North Valley, Fitness Center
2nd & 4th Wednesday of each month 9:30 - 11:00 am

Chair Massage Therapy

Choice of seated massage in a regular chair, wheelchair, or a massage chair

North Valley, Fitness Center
1st & 3rd Wednesday of each month
9:00 am - 12:00 pm
Ellen Santistevan,
LMT 6535, APP
Donation

Line Dance

Great for people who love to dance but don't have a partner. Everyone learns the dance and dances in a line.

Beginner

Bear Canyon, Social Hall
Thursday, 3:15 - 4:30 pm
Clarada Hull

Los Volcanes, Social Hall
Thursday, 9:00 - 10:00 am

Manzano Mesa, Social Hall
Wednesday, 1:30 - 3:00 pm
Georgette Smith

North Domingo Baca, Social Hall
Thursday, 1:30 - 2:30 pm
Mary Garcia

North Valley, Social Hall
Monday, 1:00 - 2:00 pm
Clarada Hull

Palo Duro, Mesquite

Monday, 3:15 - 4:30 pm
Saturday, 9:00 - 10:30 am
K. Tidy

Intermediate

Bear Canyon, Social Hall
Tuesday, 3:00 - 4:30 pm
Clarada Hull

Los Volcanes, Social Hall
Thursday, 10:15 - 11:15 am
Jeanne Hendrix

Manzano Mesa, Social Hall
Wednesday, 3:00 - 4:30 pm
Georgette Smith

North Domingo Baca, Social Hall
Tuesday, 5:45 - 7:30 pm
Georgette Smith

Intermediate II

Bear Canyon, Social Hall
Tuesday, 1:30 - 3:00 pm
Clarada Hull

Manzano Mesa, Social Hall
Friday, 1:30 - 3:00 pm
Wylene Santistevan

NEW Manzano Mesa, Social Hall
Friday, 2:00 - 4:00 pm
Ricci

(NEW) Intermediate III

Manzano Mesa, Social Hall
Thursday, 2:00 - 4:00 pm, Ricci

Advanced

Bear Canyon, Social Hall
Thursday, 1:30 - 3:00 pm Doug Madison

Highland, Social Hall
Tuesday, 1:30 - 3:30 pm

Palo Duro, Mesquite
Monday, 1:30 - 3:00 pm Doug Madison
Saturday (2nd, 3rd, 4th),
10:30 am - 12:00 pm J. Hendrix

EXERCISE**Enhance Fitness**

This is an evidence based senior fitness class in which a three part assessment will be conducted for each participant. Class components include cardio, weight training and flexibility.

North Valley, Rooms I & 2
Mon., Tues., Fri. 8:15 - 9:15 am
Terry Toby

North Domingo Baca, Social Hall
Mon. 8:05 - 9:05 am & 10:15 - 11:15 am
Wed. 8:05 - 9:05 am & 10:15 - 11:15 am
Friday 8:05 - 9:05 am & 10:15 - 11:15 am
Connie

**Balance & Movement
for Parkinson's**

This class is designed for mostly all levels and focuses on balance and movement while either seated or standing. Caregivers are encouraged to attend and participate also.

Highland, Room 7
Monday, 3:15 - 4:00pm

Exercise for Parkinson's

Parkinson's Wellness and Recovery is an effective and fun way to gain flexibility, coordination, strength and improve balance. These exercises also improve attention and mental focus. It is also a fun way to exercise!

North Valley, Fitness Center
Wednesday
2:00 - 3:00 pm
Linda Ozier

(NEW) Fitball

Target and challenge core muscles with stabilizing and balance exercises. Increase strength, sculpt, define and tone your body.

Manzano Mesa,
East Social Hall
Friday, 4:45-5:45 pm
Cost: \$2.50, Ann Owens

**Fit4Fuze**

N. Domingo Baca, Social Hall
Saturday, 9:10 - 10:10 am Cost: \$2

T.N.T Dynamite

Trim and Tone your body with this class designed to fit your own individual needs and abilities. Work at your own pace towards improving strength, stamina, and muscle tone.

Bear Canyon, Social Hall
Monday, Wednesday, Friday
9:30 - 10:30 am
Cost: \$1.50, Andriana Wethington

**Zumba®**

Manzano Mesa, Gym
Saturday 11:15 am - 12:15 pm
Thursday 6:00 - 7:00 pm
Cost: \$3, Jenny

North Domingo Baca, Social Hall
Mon. 9:10 - 10:10 am & 5:45 - 7:00 pm
Friday 9:10 - 10:10 am
Saturday: 1:00 - 2:00 pm

North Valley
Tuesday 5:30 - 6:30 pm
Cost: \$2, Mary Martinez

Zumba® Gold Classes

Check out this fun new dance/aerobic class. No dance experience required.

Bear Canyon, Social Hall
Mondays, Wednesdays, Fridays
8:15 - 9:15 am
Cost: \$2, Julie M. Salazar

(NEW) Manzano Mesa, Gym
Monday, Wednesday 10:45 - 11:45 am
Cost: \$1, Dee Williams

North Domingo Baca, Social Hall
Tuesday 9:10 - 10:10 am
Wednesday 9:10 - 10:10 am
Thursday 9:10 - 10:10 am

Zumba® Gold Toning

This class is designed for the active older adult. Use fast and slow rhythms and resistance training to tone, sculpt, and burn fat.

Manzano Mesa, Gym
Friday 8:00 - 9:00 am
Cost: \$2, Dee Williams

Get Moving Cardio

This group fitness cardio class incorporates high and low impact choices in an effective workout to burn more fat, use calories, and meet your fitness goals.

Manzano Mesa, Social Hall
Monday & Wednesday
5:00 - 6:00 pm
Cost: \$20/month or \$2.50/class
Ann Owens

HIKING

The Albuquerque Senior Centers offer hiking trips year round. Schedules are available at front desk of participating centers. Transportation cost is 5¢ per mile. www.ASCHG.org

Bear Canyon
Every other Thursday,
8:00 am Sandy McAvoy

Highland
Every other Tuesday,
8:00 am Pat Newman

Los Volcanes
Every other Friday, 8:00 am
Dick Brown

North Domingo Baca
Every other Friday 8:00 am
Dick Brown

North Valley
Every other Thursday, 8:00 am
Bill Gloyd

Palo Duro
Every other Tuesday, 8:00 am
Marilyn Warrant

Palo Duro
Saturday, 9:00 am Sue Pelletier



TABLE TENNIS**Practice and Play**

Barelas, Social Hall
Thursday, 1:00 - 3:00 pm

Bear Canyon, Social Hall
(subject to change)
Monday, Friday, 1:30 - 3:30 pm
Wednesday, 10:15 - 11:00 am
Thursday, 9:30 - 11:00 am
Sat., 9:00 - 11:00 am, 1:00 - 3:00 pm

Since its inception in 1880s England as an after-dinner amusement for upperclass Victorians, this sport has grown into an international favorite. Originally, a line of books served as the net, a champagne cork or knot of string as the ball, and a cigar box lid as the racket. Come see how it has evolved!

Los Volcanes, Social Hall
Tuesday, 1:30 - 5:00 pm

Palo Duro, Mesquite Room
1st Saturday, 9:30 - 10:30 am
2nd, 3rd & 4th Saturday, 9:30 - 11:30 am

North Valley, Social Hall
Monday, 2:00 - 5:00 pm (upon request)

Manzano Mesa, Game Room
Monday - Friday, 8:00 - 9:00 am
Saturday, 9:00 am - 3:00 pm

Pajarito Senior Meal Site
Wednesday,
12:30 - 1:30 pm

**EASTERN TRADITIONS****EFT (aka "Tapping")**

is a self-healing tool for stress relief. I will show you how to use this simple healing technique to use daily to relieve frustrations, fears, anxieties and even physical pain. It promotes clarity and confidence and gives you the tools to make empowered decisions.

North Valley, Social Hall
First Tuesday of every month
5:00 - 6:30 pm
Cost: \$5.00/class

Nia Technique

The Nia Technique™ draws inspiration from the dance arts, martial arts and healing arts for a cardiovascular, aerobic, and super fun workout that is challenging and stimulating, yet easy to follow.

Highland, Room 8
Thursday, 11:15 am - 12:15 pm
Michele Diel

Palo Duro, Aspen
Wednesday, 3:15 - 4:15 pm
Cost: \$5 or \$30/5 classes/First Class Free
Michele Diel

Pilates

Learn the importance of core stabilization, muscle balance and proper alignment while integrating the concept of mindfulness, fluidity and grace.

Barelas, Lead & Coal
Tuesday, 8:30 - 9:30 am
Richard Sertich

North Valley, Fitness Center
Thursdays
8:30 - 9:30 am
Instructor Richard Sertich
Suggested \$2 donation

Gentle Yoga

Whether you are a beginner or have been doing yoga for a while, this slow-paced class will leave you feeling both relaxed and rejuvenated. Don't fret if you've never tried it before. If you can breathe, you can practice yoga!

Palo Duro, Ponderosa
Wednesdays, 9:00 - 10:00 am
Karin

Highland, Room 8
Mondays, 2:00 - 3:00 pm

Yoga

These classes combine core management methods with mind/body/breath discipline to reduce physical and mental stress and lengthen muscles. Yoga will improve posture and core strength, as well as reduce lower back pain and increase muscle flexibility.

Barelas, Lead & Coal
Monday, Thursday, 9:15 - 10:30 am

Bear Canyon, Multi-Purpose
Friday 10:30 - 11:30 am
Tiana Kaula

Highland, Room 8
Wednesday, 1:30 - 2:30 pm

Manzano Mesa, East Social Hall
Cost: Monday, 6:15 - 7:15 pm
Cost: \$25 per month, \$7 per class
Ann Owen
Monday, 9:00 - 10:00 am
Friday, 1:00 - 2:00 pm
Cost: \$5, Lynn Alexander

Palo Duro, Ponderosa
Monday, 9:00 - 10:00 am
Cost: \$3, L. Leyba

Palo Duro, Mesquite
Wednesday, 5:15 - 6:15 pm
Cost: \$3, L. Leyba

Yoga, Chair

Focus on alignment, breathing, relaxation, and core awareness while gently opening up the body, increasing strength, flexibility, mobility and building bone density.

Bear Canyon, Room 1
Monday 2:30 - 3:30 pm
Tiana Kaula



EASTERN TRADITIONS, CONTINUED

Yoga, Dahn

Dahn Yoga is an integrated mind-body training method that combines deep stretching exercises, meditative breathing techniques and energy awareness training. Dahn Yoga was created for people who want to gain flexibility and balance of mind and body in the midst of their busy and sometimes hectic lives. It is easy and simple enough for anyone to learn, yet challenging for even the most advanced practitioner.

North Domingo Baca

Aerobics Room
Saturday, 10:30 - 11:45 am
Cost: \$5, Lynn Alexander

North Valley, Room 1 & 2

Tuesday, Thursday, 3:15 - 4:15 pm
Cost: \$3, David Plummer

Yoga, Hatha-Plus

This class combines Hatha yoga and core body work.

Manzano Mesa, Room 5

Friday, 9:00 - 10:00 am Janet Porter

Yoga, Hatha

Practice breathing and Hatha yoga postures. Breathing revitalizes the brain and internal organs with oxygen, and postures keep the spine supple and healthy. This class will help lower your blood pressure and calm nerves.

Manzano Mesa, Room 5

Wednesday, 9:00 - 10:00 am
Dee Cappelle

Yoga - Kundalini

Kundalini, an electric, fiery, occult life force, is a spiritual power that brings in energy, expands the mind, and opens new thinking.

Manzano Mesa, Room 4

Wednesday, 10:10 - 11:10 am
Sueshila Stubbe

T'ai Chi

Beautiful, gentle, flowing movements improve balance, lower high blood pressure, increase bone density and cultivate Chi, or internal energy.

Barelas, Lead & Coal

Wednesday, 9:30 - 10:30 am
Suggested donation \$5,
Ilene Dunn

North Valley, Room 1 and 2

Monday, 9:30 - 10:30 am
First Friday of every month
Suggested donation \$5
Sifu Ty Beh 620-1889 for more info.

Palo Duro, Ponderosa Pine

Friday, 9:30 - 10:30 am (not meeting first Friday of every month)
Suggested donation \$5, Sifu Ty Beh

INTERMEDIATE:

Thursday, 2:00 - 3:00 pm
Suggested donation \$5

Los Volcanes, Room 2

Tuesday (NOTE: No Thursday)
11:30 am - 12:30 pm
Suggested donation \$5,
Sifu Ty Beh 620-1889 for more info.

Manzano Mesa, Room 4

Tuesday, 9:30 - 10:30 am
Suggested donation \$5
Ilene Dunn

T'ai Chi For Seniors

Slow, gentle movement to build health & balance, reduce stress, & heal from injuries. Presented in a brief way to balance the whole self: physical, emotional & spiritual

Los Volcanes, Room 2

1st, 2nd, 3rd, Wednesday,
12:00 - 1:00 pm
Suggest donation \$3, Kay

Yang Style T'ai Chi:**North Domingo Baca, Classroom 1**

Friday, 11:30 am - 12:30 pm
Suggested donation \$5,
Sifu Ty Beh

T'ai Chi Chih

T'ai Chi Chih is a series of easy, gentle movements that balance the internal energy (Chi). It is often called a moving meditation and the benefits of this practice can include improved balance, flexibility, stamina, and regulation of stress blood pressure and weight.

Palo Duro, Ponderosa Room**BEGINNING:**

Wednesday,
3:15 - 4:15 pm

CONTINUING:

Wednesday, 4:30 - 5:30 pm
Session I: January 11 - February 15
Session II: February 22 - April 5
(No class March 15)
Session III: April 12 - May 17
Session IV: May 24 - June 28
Cost: \$60/6 week session
Call to Register
Ellen Tatge

PRACTICE:

Bear Canyon, Room 1
Wednesday, 11:30 am - 1:00 pm
Mary Moriarty
Bear Canyon, Room 1
Wednesday, 3:30 - 4:30 pm
Helen

T'ai Chi Ch'uan

A form of martial arts, that provides a cardiovascular workout and improves balance.

Bear Canyon, Multi-Purpose**BEGINNER:**

Saturday, 11:30 am - 1:00 pm
No sign up required
Yolanda Day and Richard Coursey

Highland, Social Hall

Thursday, 9:30 - 10:30 am
Suggested donation \$5
Ilene Dunn

INTERMEDIATE/ADVANCED:

Highland, Social Hall
Thursdays, 1:30 - 2:30 pm
Suggested donation \$5



EASTERN TRADITIONS, CONTINUED

TVE Wellness Qi Gong

This is a low-impact, easy entry exercise program for healing and prevention. Loosen and strengthen every part of your body from your fingers to your toes while gaining the benefits of increased energy, lower stress, and greater mobility, balance, and flexibility.

Bear Canyon, Multi Purpose
Thursday, 10:00 - 11:00 am
Cost: \$2, Demitri Carranza

Manzano Mesa, E. Social Hall
Thursday, 8:30 - 9:30 am
Cost: \$2 (Seniors) \$5 (Adults)
Dimitri Carranza

North Valley, Room 1&2
Wednesday,
9:00 - 10:00 am
Cost: \$2,
Dimitri Carranza



(NEW) TVE Animal Kung Fu for Teens and Adults

Learn animal Qi-Gong Kung Fu that engages all of your body increasing your speed, strength, flexibility and endurance.

Manzano Mesa, E. Social Hall
Tuesday, 6:30 - 7:45 pm
Cost: \$25 monthly or \$8 per class
Dimitri Carranza

SELF DEFENSE

Aikido

A non-aggressive style of martial arts working on the principle: "do not fight force with force". Redirect the attacker's energy and use it to your favor.

North Domingo Baca
Saturday, 9:00 - 11:45 am
Tuesday, 7:15 - 8:30 pm
Wednesday, 6:30 - 7:45 pm
Thursday, 7:15 - 8:30 pm
Friday, 6:00 - 7:30 pm
See instructor for prices
Charles Watkins

Feldenkrais Method

Awareness Through Movement

Often referred to simply as "Feldenkrais", is a somatic educational system designed by Moshé Feldenkrais. Feldenkrais aims to reduce pain or limitations in movement, to improve physical function, and to promote general wellbeing by increasing students' awareness of themselves and by expanding students' movement repertoire.

North Domingo Baca
Thursday, 9:30 - 10:30 am
and 6:00 - 7:00 pm
Steve Mulvihill.

TOGETHER EVERYONE
ACHEIVES MORE!

TaeKwondo

North Domingo Baca
Monday, Tuesday & Thursday
7:15 - 8:15 pm
Cost: \$70/month, ages 7 and up
David Martin

All-Star Youth Karate

For ages 4-16, this karate/self defense program covers martial art techniques, emphasizing self-defense and child safety awareness.

Manzano Mesa, East Social Hall
Wednesday, 6:00 - 9:00 pm
David Vigil
To register: 899-1666

Kendo Kai

Meaning "Way of The Sword," is a modern Japanese martial art, which descended from traditional swordsmanship (ken-jutsu) and uses bamboo swords (Shinai), and protective armor. It is a physically and mentally challenging activity that combines martial arts practices and values with sport-like strenuous physical activity.

Manzano Mesa, East Social Hall
Friday,
6:00 - 8:00 pm
Davis Begay

North Domingo Baca
Wednesday:
6:45 - 8:45 pm
Davis Begay
Cost: \$20.00 for adults
and \$10.00 for youth.



Iron Olympian Karate

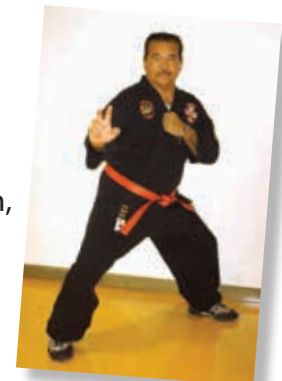
Develop physical strength, discipline, balance, coordination and self-esteem. Class includes breakaway techniques and safety awareness.

Manzano Mesa, Room 4
Tuesday, Wednesday, 6:00 - 8:00 pm
Chris Nowak

Personal Defense Club, Close Quarter Combat

Provides a place to learn, teach and practice personal fighting skills. It is not associated with any traditional Asian art or sport.

Manzano Mesa, Room 4
Monday,
7:00 - 9:00 pm
Cost: \$10 per month,
Dr. Sean Ross





Congratulations

City of Albuquerque for being named the host City for the
2017 and 2018 New Mexico State Senior Olympics
and the 2019 National Senior Games



New Mexico State Senior Olympics

July 19 – 22, 2017



Volunteers needed call 505-764-6400
For more information call 888-623-6676

COMING SOON

NATIONAL
SENIOR
GAMES



**SUMMER
OF 2019**

National
Senior Games
Association

For more information
call 505-764-6400